



Fun & Fitness



Name: _____

Grade/School: _____

TOTAL # of Bingo's: _____

What Keeps You Active?

Exercise is fun and good for our bodies. Stay active in January for a chance to win a fun fitness prize!

- Have a parent/guardian initial each activity you complete
- Complete 5 activities in a row for a Bingo entry
- Keep going! How many bingos can you get?
- Return your completed form to the cafeteria by January 31st

So...what are you going to do to stay active today?

My
Favorite
Activity



Swim



Bike



Run

My
Friend's
Favorite
Activity



Cartwheel



Walk



Play



Jump Rope



Softball



Hopscotch



Soccer



Water Break!



Football



Volleyball



Play tag



Dance



Fish



Recess



Jumping Jacks

My
Friend's
Favorite
Activity



Tennis



Yoga



Skate

My
Teacher's
Favorite
Activity

Don't Forget to have your parent/guardian initial each activity!