



APRIL 2020 BINGO CHALLENGE

Call and catch up with a distant friend	Try a new healthy recipe	Do the YMCA At-Home Workout Day 1	Limit screen time to one hour or less for 1 day	Play outside with family for 30 minutes
Participate in any YMCA virtual Group Exercise class	Participate in virtual Yoga class	Do 50 burpees in 1 day	Do the YMCA At-Home Workout Day 2	Eat 5 servings of fruits and vegetables in 1 day
Take a walk outside for 20 minutes	Dance to your favorite song	Upload a picture of you or your family working out on our Facebook page BINGO post!	Contribute to a cause in the community	Perform 50 squats in 1 day
Stretch with family for 15 minutes	Perform 50 push-ups in 1 day	Do 100 jumping jacks for 3 days in a row	Do the YMCA At-Home Workout Day 3	Create a fitness or dietary goal for the next month
Play a card game with family or friends	Support a local business	Participate in virtual Core class	Do 3 workouts in 1 week	ONLY drink water for 1 day

Select and complete tasks in the squares. Once you have completed the five task in a row (vertically, horizontally, or diagonally) you are awarded a BINGO! For each BINGO you get on the board, your name will be entered into a drawing for a prize! If you complete all tasks on the board (BLACKOUT), your name will be entered into another drawing for a bigger prize! We ask that participants upload a picture of them or their family doing a workout to the Southern Boone Area YMCA Facebook page BINGO post with the #DefeatCorona