

HEALTHY BADGER TRIPLE BINGO

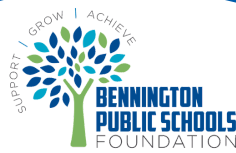
Complete 3 BINGOs (vertical, diagonal or horizontal)

Turn in your BINGO card (Drop off at BPSF Office 11620 N 156th St or email a picture of it to meganschafersman@benmps.org)

We'll send you a discount code to get \$5 off Triple B Race registration!



SATURDAY JUNE 6



50 jump ropes & 50 jumping jacks	No technology or screen time for 1 entire day	Turn up the tunes & dance while doing a household chore	Write a handwritten thank you to a teacher or staff at your school	Play outside with friends
Declutter and organize a space at home or school	Hold a door open for someone at least 5x in 1 day (5 different people)	Try a new sport/activity! Will you do again? Circle one: YES or NO	Finish a puzzle, word puzzle or brain teaser page	Spend 30 minutes reading in 1 day
Take a walk/hike in nature	Try a new fruit! Will you eat it again? Circle one: YES or NO	FREE SPACE	Make & complete a sidewalk chalk obstacle course	Play a new (or your favorite) board game with family
Find a new park or play space! Will you visit again? Circle one: YES or NO	Make and eat a healthy treat	Go for a walk in the rain . . . jump in puddles!	Try a new vegetable! Will you eat it again? Circle one: YES or NO	Visit a farmer's market and help choose fruits/veggies for your house
Help cook dinner - try to make it healthy!	Get at least 9 hours of sleep 5 nights in a row	Perform a random act of kindness	Walk or run around your block 3x	Go for a bike ride

Name: _____ Age: _____

Race You Plan to Register For(Circle One): Little B Middle B Big B Virtual B

School You Attend (if applicable): _____ Grade (if applicable): _____