|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B** | **I** | **N** | **G** | **O** |
| Eat a snack today | Deskercize Do a Quad Stretch (hold each side 20 sec) | DeskercizeDo 10 Shoulder Roles(both ways) | Drink 8 Glasses of Water Today | Deskercize Do a Quad Stretch (hold each side 20 sec) |
| DeskercizeDo 10Squats | Eat 1 medium fruit | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) | DeskercizeDo 10Squats | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) |
| DeskercizeNeck Stretch for 20 sec(both sides) | DeskercizeDo 15 arm circles (both arms) | **FREE** **SPACE!** | DeskercizeDo 10 Shoulder Roles(both ways) | Eat breakfast today |
| Eat a snack today  | Deskercize Do a Quad Stretch (hold each side 20 sec) | Eat 1 medium fruit | DeskercizeDo a Torso Stretch for 20 sec (both sides) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) |
| DeskercizeDo 10 Wrist Roles(both ways) | DeskercizeNeck Stretch for 20 sec(both sides) | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) | DeskercizeDo a Torso Stretch for 20 sec (both sides) | Drink 8 Glasses of Water Today  |

Two tasks will be drawn each day.

Complete the tasks and report to your captain.

Once all participating team mates complete his/her tasks, the captain will place a sticker on the corresponding tasks on the playing card.

**BINGO GAMES: inside square, H, full card**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B** | **I** | **N** | **G** | **O** |
| Deskercize Do a Quad Stretch (hold each side 20 sec) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | Drink 8 Glasses of Water Today | DeskercizeDo a Torso Stretch for 20 sec (both sides) | DeskercizeDo 10Squats |
| DeskercizeDo a Torso Stretch for 20 sec (both sides) | DeskercizeDo 10Squats | Eat breakfast today | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) | DeskercizeDo 10 Wrist Roles(both ways) |
| Eat 1 medium fruit | Drink 8 Glasses of Water Today | **FREE** **SPACE!** | DeskercizeDo 10 Shoulder Roles(both ways) | Deskercize Do a Quad Stretch (hold each side 20 sec) |
| Deskercize Do a Quad Stretch (hold each side 20 sec) | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) | DeskercizeDo 10 Shoulder Roles(both ways) | DeskercizeDo 15 arm circles (both arms) | Eat a snack today |
| Eat a snack today | DeskercizeNeck Stretch for 20 sec(both sides) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | Eat 1 medium fruit | DeskercizeNeck Stretch for 20 sec(both sides) |

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**BINGO GAMES: inside square, H, full card**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B** | **I** | **N** | **G** | **O** |
| Drink 8 Glasses of Water Today  | Eat a snack today | Deskercize Do a Quad Stretch (hold each side 20 sec) | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…)  | Eat 1 medium fruit  |
| DeskercizeDo a Torso Stretch for 20 sec (both sides) | DeskercizeDo 10 Shoulder Roles(both ways) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | DeskercizeDo 10Squats  | DeskercizeDo 10Squats |
| DeskercizeDo 15 arm circles (both arms) | DeskercizeDo 10 Wrist Roles(both ways) | **FREE****SPACE!** | DeskercizeNeck Stretch for 20 sec(both sides) | DeskercizeNeck Stretch for 20 sec(both sides) |
| Deskercize Do a Quad Stretch (hold each side 20 sec) | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | Eat a snack today  | DeskercizeDo 10 Shoulder Roles(both ways) |
| Eat breakfast today | Deskercize Do a Quad Stretch (hold each side 20 sec) | DeskercizeDo a Torso Stretch for 20 sec (both sides) | Eat 1 medium fruit | Drink 8 Glasses of Water Today |

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