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

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** |
| 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 |
| Deskercize  Do a Torso Stretch for 20 sec (both sides) | Deskercize  Do 10 Shoulder Roles  (both ways) | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | Deskercize  Do 10  Squats | Deskercize  Do 10  Squats |
| Deskercize  Do 15 arm circles (both arms) | Deskercize  Do 10 Wrist Roles  (both ways) | **FREE**  **SPACE!** | Deskercize  Neck Stretch for 20 sec  (both sides) | Deskercize  Neck 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 | Deskercize  Do 10 Shoulder Roles  (both ways) |
| Eat breakfast today | Deskercize  Do a Quad Stretch (hold each side  20 sec) | Deskercize  Do a Torso Stretch for 20 sec (both sides) | Eat 1 medium fruit | 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**