

# Grand Meadow Public Schools

## Belly Blast Bingo!

5 servings fruits and veggies today	6 glasses of water today	2 servings whole grains today	Eat a handful of almonds or walnuts today.	No sweets today. Try fruit instead	5 small meals today	Breakfast every day for one week
5 small meals today	No fast food for one week	Proper portions today	Do 30 minutes of strength training	Do 30 minutes of cardio today	Proper protein intake today	Hold the plank for one minute
Do 30 minutes of strength training	Proper protein intake today	6 glasses of water today	30 minutes of cardio today	5 servings fruits & veggies	Get 7-8 hours of sleep	Do 25 pushups
10 minutes of core exercises	Proper portions today	2 servings whole grains today	Give yourself credit for filling out this bingo sheet!	2 servings whole grains today	6 glasses of water today	Do 30 minutes of strength training
Eat a handful of walnuts or almonds today.	5 servings fruits/veggies today	Do 25 pushups	6 glasses of water today	30 minutes cardio today	10 minutes of core exercises	5 servings fruits/veggies
10 minutes of core exercises	Proper portions today	Do 30 minutes of strength training	Proper protein intake today	5 servings fruits/veggies	2 servings whole grains today	Proper portions today
5 small meals today	Take a multivitamin today	No sweets today. Try fruit instead	Get 7-8 hours sleep	Hold the plank for one minute	No processed foods today	Take a multi vitamin today

### Rules of the game:

- To be eligible for a drawing for a \$25 Target gift card, you must complete at least 4 full rows. They can be horizontal, vertical or diagonal.  
(There is no limit to the number of squares you complete each day.)
- Unless otherwise noted, if you complete the action in the square one time, you may cross it out.
- You may not fill in two squares with one activity (even though the plank is a core exercise, you may not fill in the plank AND the core square.)
- Turn in your sheet by noon on Monday.