



MERRYHILL MIDTOWN  
**FAMILY FITNESS  
 BINGO CARD CHALLENGE**

Start the new year off with a focus on fitness! Join Coach Kennedy & your fellow Mustangs for the January Fierce Family Fitness Bingo Card Challenge! To participate, simply print the bingo card below, mark the boxes for each activity you complete during the month of January, and take at least one photo documenting your hard work. Completed cards and photos should be submitted via email to Coach Kennedy at [paul.kennedy@merryhillschool.com](mailto:paul.kennedy@merryhillschool.com) or using the link at the bottom of the weekly newsletter. **Submissions are due 2/1/2021.**

All participants who submit completed cards will receive a Fierce Fitness prize & the chance to be featured in an upcoming school newsletter/on social media. Special prizes will be awarded for students who black-out the bingo card by completing all activities!

 Ride bike	 Go for a run	Crank up the music and have a family dance party	 Do yoga	Complete the HIIT workout ' <u>Spell it out, sweat it out</u> ' and write down your individual workout!
Choose a song and create your own dance routine. Show your family or teach a family member your new dance!	 Play soccer	Use side walk chalk to create a hopscotch game on the sidewalk or driveway and invite your family to play	 Go for a walk	 Play basketball
 Up & down 10 times	 Go hiking	<b>FREE</b>	Cook a healthy meal together!	Create an indoor scavenger hunt and invite your family to participate
Have an "egg on the spoon" race with your family. Worried about the mess? Hard boil the eggs first & enjoy as a snack after!	Take a family walk	Create and run a home obstacle course	 Jump on trampoline	 Do jumping jacks
 Dance	 Play tag	Take the family jumping jack challenge to determine who can do the most jumping jacks without stopping	 Jump rope	Do a chore for your parents