

# Exercise Bingo

Choose one from each block and write the completed minutes on the line.  
Reward yourself with something small for each row, something bigger for the card.

CARDIO _____	WALK _____	YOGA _____	DANCE _____	STRENGTH TRAINING _____
BIKE RIDE _____	TAKE THE STAIRS _____	STRENGTH TRAINING _____	CARDIO _____	WALK _____
STRENGTH TRAINING _____	CARDIO _____	FREE	TREADMILL _____	YOGA _____
GROUP CLASS _____	FAVE SPORT _____	CARDIO _____	STRENGTH TRAINING _____	SWIM _____
YOGA _____	STRENGTH TRAINING _____	SWIM _____	WALK _____	CARDIO _____