

# Employee Fitness BINGO

	<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>1</b>	<b>30 Minutes of Cardio</b>	<b>1 Lean Protein (Fish or Broccoli)</b>	<b>20 Calf Raises</b>	<b>8 Cups of Water</b>	<b>25 Squats</b>
<b>2</b>	<b>Healthy Dinner</b>	<b>30 Minutes of Cardio</b>	<b>1 Minute Plank Hold</b>	<b>2 - 15 Minute Break Walks</b>	<b>Buddy Walk 2 Miles</b>
<b>3</b>	<b>25 Squats</b>	<b>2 Servings of Vegetables</b>	<b>20 Crunches</b>	<b>Healthy Lunch</b>	<b>10 K steps</b>
<b>4</b>	<b>2- 15 Minute Break Walks</b>	<b>10 K Steps</b>	<b>Healthy Lunch</b>	<b>20 Calf Raises</b>	<b>30 Minutes of Cardio</b>
<b>5</b>	<b>Healthy Dinner</b>	<b>1 Minute Plank Hold</b>	<b>Buddy Walk 2 Miles</b>	<b>8 K Steps</b>	<b>20 Crunches</b>

- Remember to modify if needed. Email me and I will give alternatives to specific exercises. [jennifer.robbins@wstribes.org](mailto:jennifer.robbins@wstribes.org)