

# 12 Days of Fitmas at the Kokomo Family YMCA

# BINGO

GET 10,000 STEPS FOR 5 OUT OF THE 12 DAYS	LISTEN TO CHRISTMAS MUSIC	SPEND 10 MINUTES IN QUIET MEDITATION OR PRAYER FOR 5 DAYS	STRETCH FOR 15 MINUTES EVERYDAY FOR 12 DAYS	PARTICIPATE IN A DONATION DRIVE
DRIVE AROUND TO SEE CHRISTMAS LIGHTS	SHOOT 25 FREE THROWS IN OUR GYM	JOURNAL TWO THINGS YOU ARE GRATEFUL FOR EACH DAY	ATTEND 3 FREE GROUP FITNESS CLASSES AT THE YMCA	HAVE A GAME NIGHT WITH FAMILY OR FRIENDS
5 PUSH-UPS DURING THE COMMERCIAL BREAKS OF YOUR FAVORITE TV SHOW EACH NIGHT	DRINK ONLY WATER FOR FIVE DAYS	<b>FREE</b>	EAT 1 CUP OF FRUITS AND/OR VEGETABLES EVERYDAY FOR 12 DAYS	WALK OR RUN ONE MILE ON OUR TRACK (8 LAPS)
HOLD A ONE MINUTE WALL SIT EACH DAY FOR 12 DAYS	TRY THREE NEW CLASSES ON THE YMCA360 APP	SAY "HI" TO SOMEONE NEW AT THE YMCA YOU HAVE NOT MET BEFORE	SWIM 10 LAPS IN OUR AQUATICS CENTER	PREPARE A HEALTHY SMOOTHIE
VISIT THE YMCA 5 OR MORE TIMES IN 12 DAYS	PERFORM TWO RANDOM ACTS OF KINDNESS	TRY A LIVE CLASS ON THE YMCA360 APP	GET 8 HOURS OF SLEEP TWO OR MORE DAYS	PLAY PICKLEBALL WITH PEOPLE AT THE YMCA

This card is for week 1: December 1-12th



Limit 5 BINGOs per card. Please put your name and contact info on the back of this sheet before you turn it in to the Membership Desk.