


# B I N G O

10 EACH- BURPEES SIT-UPS JUMPING JACKS	BRIDGE OR BACK BEND HOLD FOR 60 SECONDS	TELL SOMEONE WHY YOU LOVE TUMBLING	PRACTICE RIGHT AND LEFT SPILTS FOR 30 SEC. EACH	DECLUTTER YOUR SPACE FOR 20 MIN.
RESEARCH A GYMNAST	TAKE A BREAK FROM SOCIAL MEDIA	10 CARTWHEELS	READ A BOOK	DO 50 CRUNCHES
TELL SOMEONE YOU LOVE THEM	SET A TUMBLING GOAL YOU CAN ACCOMPLISH BY JUNE		5 BAD SIDE CARTWHEELS	TRIPOD FOR 30 SECONDS
BACK BEND LEFT LEG UP 30 SECONDS	HUGGED MY PARENTS	DESIGN YOUR DREAM TUMBLING COSTUME	TAKE 20 MINUTES OF QUIET ALONE TIME	PERFORM 3 RANDOM ACTS OF KINDNESS
SPEND SOME TIME IN NATURE	DO TWO 1 MINUTE PLANKS	BACK BEND RIGHT LEG UP 30 SECONDS	WRITE 10 THINGS YOU ARE GRATEFUL FOR	DRAW MISS NICOLE A PICTURE

Complete a couple squares every day! Go for a "bingo" or a blackout.  
 Turn your completed card into the studio for a prize!