

# Coach Whitney's BINGO Challenge

FOR THE MONTH: Your Challenge by group: AG Gold = 4 rows, Juniors = 8 rows and Seniors = 12 rows (a row can be vertical, horizontal or diagonal.)

## MAY

Do 25 push-ups in a row on 10 different days.	Create AND make a healthy meal plan for one full day.	Repeat as many rounds as possible in 8 minutes: 20 jumping jacks + 15 shoulder taps + 10 knee tuck jumps + 5 full burpees.	Write down your PERFECT race from beginning to end.	Do 50 body weight squats on 10 different days.
Send a thank you note/message/text to someone who has motivated you during Corona-Break.	Complete this 20 minute <a href="#">Shoulder Mobility</a> yoga workout.	Revisit your seasonal goal(s) and add one specific <i>action</i> you can do now to help you achieve them.	Complete this 12 minute <a href="#">Hip Mobility</a> yoga workout.	Drink at least 64 ounces of water on 18 different days.
Repeat as many rounds as possible in 8 minutes: 40 high knees + 30 mountain climbers + 20 toe touch crunches + 10 V-ups.	Read an article about one of your favorite athletes and write down 3 things you learned.	Run/jog 2 miles or at least 20 minutes on 4 different days.	Be grateful: Thank your parents for something specific.	Do as many ½ burpees as you can in 5 minutes on 4 different days.
Help your family with yard work for at least one hour.	Complete this 12 minute <a href="#">Core Strength</a> yoga workout.	Create a list of specific skills you want to focus on once we get back into the pool.	Complete this 9 minute <a href="#">Strength</a> yoga workout.	Watch this video about <a href="#">perseverance</a> .
Do 35 of each Karate Krunch on 8 different days.	Spend 5 minutes in silence – meditate – think about everything you are thankful for.	Do 4 minutes of continuous jump rope on 8 different days.	Take a 25 minute bike ride on 3 different days.	Repeat as many rounds as possible in 8 minutes: 25 jump squats + 25 butt kickers + 100 small arm circles.