

Weekly BINGO Challenge

Juniors should complete 6 rows (a row can be vertical, horizontal or diagonal.) Have fun and let me know how you do using the Google Form linked [HERE](#) – We will have a new BINGO board every week!

“Don’t wait until you get motivated before you do something. Do something first and then you’ll get motivated!”

WEEK ONE

Complete a 1:00 plank in 5 different rooms in your house (outside is ok, too!)	Read: “Healthy Foods That Support Your Immune System” . Eat something from the Vitamin C rich foods list.	Complete 25 push-ups in a row on at least 3 different days.	Create (paint, build, draw, write, compose, etc.) something related to swimming and share it with us!	Watch this Nathan Adrian freestyle video and report 3 things you learned.
Watch this backstroke video and report 2 things you learned.	Complete 150 ½ burpees (they don’t have to be all at once!)	Send a motivational note to a swimming friend and let them know you’re thinking about them!	Complete a 1:00 wall sit in 5 different rooms in your house (outside is ok, too!)	Read: “...A Positive Mindset” . List two ways to change your mindset, according to the article.
Complete 50 full burpees in one day.	Read: “15 Signs You’re An Awesome Teammate” . Which one are you the best at (for now) and which one will you try to improve on?	FREE SPACE	Watch this breaststroke video and report 3 things you learned.	Take a 20 minute walk with someone in your family (animals ok, too!)
Create and eat a quick and easy <i>healthy</i> snack! Share your recipe with us.	Repeat for 5:00 -> 10 jump squats, 10 push-ups, 10 sit-ups. How many rounds can you complete?	Read: “...Pre-Race Ritual to Help Stay Calm and Confident...” . Practice the ritual at home.	Complete 20 rounds of stairs (up + down = 1 round) in a row on at least 2 different days.	Find a new drill (stroke of your choice) on the Go Swim channel on YouTube and describe it.
Repeat 4 times in a row: 10 squats + 5 knee tuck jumps + 15 butt kickers. Do this on 4 different days.	Watch this Stephanie Rice butterfly video and report 3 things you learned.	Run/lightly jog for 1 mile or at least 10 minutes.	Drink at least 60 ounces of water for at least 5 days.	Complete 1:00 of flutter kicks in 5 different rooms in your house (outside is ok, too!)