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Walk outside and identify 5 different plants in 5 different areas	Go outside & lunge up and down your driveway	Go outside & perform 25 Jumping Jacks or side steps	Go outside & walk/run around a body of water (pond/lake)	Go outside and play a game of tag
Go outside & perform 50 jump rope or simulated jump rope	Go outside & step up and down from a step 20 times per leg	Walk outside and look for 4 different types of birds	Go outside & play catch	Go Play on a Playground Outside
Go outside for a 20 - 30 minute walk, jog, or run	Go outside and walk your dog, even if you don't have one	Perform 5 - 10 minutes of stretching outside	Go outside & perform 25 abdominal crunches	Go outside & perform 25 squats
Jog or run up and down your driveway 3 times	Free!	Take a gratitude walk outside before the sun comes up	Play a game of Hopscotch outside with someone	Walk up & down a set of stairs outside
Perform 10 minutes of outside exercise of your choice	Go outside & go for a walk with friends or family	Walk outside until you see 5 different animals	Eat Outside & take a walk afterwards	Walk outside until you find 5 different things that make you smile

Call List

Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Place some kind of mark (like an X, a checkmark, a dot, tally mark, etc) on each cell as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

1	2	3	4	5	6	7
Free!	Take a gratitude walk outside before the sun comes up	Go outside & walk/run around a body of water (pond/lake)	Walk outside and identify 5 different plants in 5 different areas	Perform 10 minutes of outside exercise of your choice	Walk outside and look for 4 different types of birds	Go outside & step up and down from a step 20 times per leg
8	9	10	11	12	13	14
Eat Outside & take a walk afterwards	Go outside and play a game of tag	Walk outside until you see 5 different animals	Go Play on a Playground Outside	Go outside & perform 25 squats	Walk outside until you find 5 different things that make you smile	Go outside & go for a walk with friends or family
15	16	17	18	19	20	21
Go outside & lunge up and down your driveway	Go outside & perform 25 Jumping Jacks or side steps	Go outside and walk your dog, even if you don't have one	Go outside & perform 25 abdominal crunches	Play a game of Hopscotch outside with someone	Jog or run up and down your driveway 3 times	Walk up & down a set of stairs outside
22	23	24	25			
Perform 5 - 10 minutes of stretching outside	Go outside for a 20 - 30 minute walk, jog, or run	Go outside & play catch	Go outside & perform 50 jump rope or simulated jump rope			