



# Pandemic BBALL Fitness



# B I N G O

Name: \_\_\_\_\_

After you complete a healthy option below, write the date on top of the square. Every line completed equals an entry in a draw for some exciting limited edition Kelly Road SWAG or other prizes TBA!

Looking for a bonus entry? Send us a picture of you completing one of these squares for another chance at winning.

Send in whatever you have completed by Sunday, June 14<sup>th</sup>.

|   |  |  |  |  |
|---|--|--|--|--|
| Completed a workout on the Nike App                             | Went for a hike for more than 30 minutes               | Played a game of "21" with someone in my bubble                  | No social media for 24 hours (Instagram, Tik Toc, etc.)        | Completed the strength workout I created for this class or one off any app |
| Completed a workout from <b>any app other</b> than the Nike App | Played a game of "HORSE" with someone in my bubble     | Did active chores around house or cabin for more than 30 minutes | Worked on my handles for 15 or more minutes today              | Briskly walked (or jogged) with dog or friend (sorry cat lovers!)          |
| Took a 100+ shots including 10+ free throws in one day          | Went for a Bike Ride/Scooter/Skateboard for 30 minutes | Slept for 8 hours or more in one night                           | Completed a workout on the Nike App                            | Did something active with someone in my family                             |
| Went for a run for more than 20 minutes                         | Did a socially-distanced activity with a friend        | Completed workout from <b>any app other</b> than the Nike App    | Went for Bike Ride/Scooter/Skateboard for more than 30 minutes | Played 1 v 1 with someone in my bubble                                     |
| Completed the strength workout I created for this class         | Did an online ball handling session today              | Did something active with someone in my family                   | Went to work for more than 2 hours                             | Used electronics for less than 2 hours in one day                          |

**Play Smart** 

*Know your limit. Ball within it.*