

Movement Bingo

PARKED FARTHER AWAY IN WORKPLACE PARKING LOT	GOT UP FROM MY WORKSTATION EVERY 30 MINUTES	4 FLIGHTS OF STAIRS AT HOME/WORK	CLEANED BATHROOM	WALK DOG
VACUUMED	OUTDOOR YARDWORK	CLEANED OUT CAR	YOGA	TOOK THE GARBAGE OUT
PLAYED WITH MY KIDS	UNLOADED GROCERIES	<i>Free</i>	TIDIED UP THE KITCHEN	1 HOUR WITHOUT SCREEN TIME
UNLOADED DISHWASHER	CHASED AROUND A TODDLER	MANUAL LABOUR AT WORK	DANCING	SWEEPING
DECLUTTERED A SPACE	STRETCHED	WENT SHOPPING AT WALMART OR LARGE STORE/MALL	LAUNDRY	TOOK STAIRS OVER ELEVATOR