



# NEW YEAR BINGO

## START 2021 WITH THE DAILY MILE BINGO

Do The Daily Mile — 15 minutes of walking, jogging or running from front door to front door.  
Start 2021 with The Daily Mile and keep your children happy and healthy. See how many boxes you can tick off on the Bingo sheet and download a certificate for your children to keep. Good luck!

<p>Do The Daily Mile — nice and easy!</p> <input type="checkbox"/>	<p>Do 10 Daily Miles</p> <input type="checkbox"/>	<p>Do The Daily Mile three days in a row</p> <input type="checkbox"/>	<p>Count how many laps you do on your Daily Mile</p> <input type="checkbox"/>
<p>MONDAY</p> <p>Do the Daily Mile on a Monday</p> <input type="checkbox"/>	<p>Do The Daily Mile in the afternoon</p> <input type="checkbox"/>	<p>Do The Daily Mile in the morning</p> <input type="checkbox"/>	<p>Sprint to finish your Daily Mile — run like Bolt!</p> <input type="checkbox"/>
<p>Have a chat</p> <p>Find out something new about your running buddy</p> <input type="checkbox"/>	<p>Run a different route</p> <input type="checkbox"/>	<p>Do your Daily Mile without stopping — jog or run the whole time</p> <input type="checkbox"/>	<p>Beat your lap record again</p> <input type="checkbox"/>
<p>Beat your lap record — you can do it!</p> <input type="checkbox"/>	<p>FRIDAY</p> <p>Do the Daily Mile on a Friday</p> <input type="checkbox"/>	<p>Beat your lap record — one last time!</p> <input type="checkbox"/>	<p>Do The Daily Mile five days in a row</p> <input type="checkbox"/>

How many can you tick off?

- Four corners     Four in a row     Full house!

