

# McGraw Family Wellness Challenge

The object of this card is to get as many BINGOs (5 in a row) as you can by the end of May (cards are due Friday May 30th). Every time you complete a box, get a signature from a parent. At the end, you will turn in your bingo card to Mrs. Hughes or Mr. Crumb. Each bingo on your board will enter your name into a drawing for a prize. We are using the honor system!

<p>Take a sweaty selfie after a workout and share with your parents or a McGraw Teacher.</p>	<p>Avoid Cookies, candy, cakes, brownies, ice cream (desserts) for 5 days in a row</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Work out 4 days in a row</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Help your parents clean out the pantry. Stock it with healthy food items</p>	<p>Have an electronic free dinner (no cell phones, TV, etc)</p>
<p>Make a plan of attack for a goal you have. (I will run a mile, 3 days a week so I can run in a 3K)</p>	<p>Do 40 burpees</p>	<p>Work out before coming to school</p>	<p>Go phone free after 8pm</p>	<p>Have a family game night</p>
<p>Prepare/cook dinner with family</p>	<p>Don't hit the snooze button for 5 days</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Random act of kindness</p>	<p>No "take out" for a full week</p>	<p>Get 80 or higher in all your classes.</p>
<p>Drink 64oz (8-8oz) glasses of water at least 8 days throughout the challenge</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Get 7 hours of sleep at least 8 days out of the challenge</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Go for a walk/run with family</p>	<p>Try a new activity</p>	<p>Check out a health center in Cortland Ideas.... Vine, Cortland Fitness Center, Seven Valley Crossfit, Anytime Fitness, JM McDonald Center, YMCA...</p>
<p>Have a family movie night</p>	<p>Go for a family hike.... Lime Hollow Tinker Falls Hoxie Gorge Labrador Hollow</p>	<p>Tell someone how much they mean to you/ how much you appreciate them.</p>	<p>Read a book</p>	<p>Have veggies three times a day for 4 days.</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>