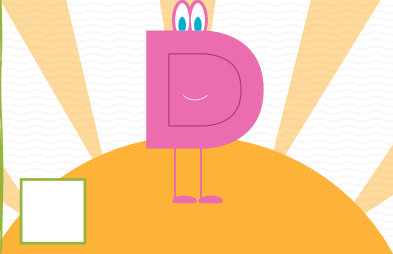


NEW YEAR BINGO

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!

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

How many can you tick off?

☐ Four corners

☐ Four in a row

☐ Full house!