

Wave to	Drink water	Count how	Take a	Pick up
everyone	after you	many steps	new	a piece of
you see	run	you take	route	trash
Count the	Do 5	Do The	Use	Dup footos
number of cars you see	jumping jacks first	Daily Mile in the a.m.	sunscreen today	Run faster than you've ever run
Talk about something fun you did	Look for 10 things that are green	The Daily Mile children fit for life	Run your route in reverse	Be very quiet to hear birds
Sing a	Say "hi" in	Wear blue	Wear a hat	Do The
song while	a different	on your	on your	Daily Mile
walking	language	Daily Mile	Daily Mile	in the p.m.
Look for	Eat fruit	Find 5	Do The	Give a
your	after	blue	Daily Mile	friend a
shadow	you run	objects	twice today	compliment



Do The	Take a	Use	Wave to	Sing a
Daily Mile	new	sunscreen	everyone	song while
in the a.m.	route	today	you see	walking
Count the	Look for 10	Wear blue	Run your	Run faster
number of	things that	on your	route in	than you've
cars you see	are green	Daily Mile	reverse	ever run
Wear a hat on your Daily Mile	Look for your shadow	The Daily Mile children fit for life	Say "hi" in a different language	Do The Daily Mile twice today
Be very	Talk about	Find 5	Pick up	Do The
quiet to	something	blue	a piece of	Daily Mile
hear birds	fun you did	objects	trash	in the p.m.
Do 5	Drink water	Give a	Eat fruit	Count how
jumping	after you	friend a	after	many steps
jacks first	run	compliment	you run	you take



Look for	Take a	Eat fruit	Run faster	Do The
your	new	after	than you've	Daily Mile
shadow	route	you run	ever run	in the a.m.
Wave to	Look for 10	Wear blue	Run your	Count the
everyone	things that	on your	route in	number of
you see	are green	Daily Mile	reverse	cars you see
Give a friend a compliment	Drink water after you run	The Daily Mile children filt for life	Wear a hat on your Daily Mile	Do The Daily Mile twice today
Say "hi" in	Do 5	Find 5	Pick up	Do The
a different	jumping	blue	a piece of	Daily Mile
language	jacks first	objects	trash	in the p.m.
Sing a	Talk about	Be very	Use	Count how
song while	something	quiet to	sunscreen	many steps
walking	fun you did	hear birds	today	you take



Drink water	Give a	Do 5	Run faster	Wear a hat
after you	friend a	jumping	than you've	on your
run	compliment	jacks first	ever run	Daily Mile
Pick up	Look for	Use	Do The	Count the
a piece of	your	sunscreen	Daily Mile	number of
trash	shadow	today	in the a.m.	cars you see
Take a new route	Talk about something fun you did	The Daily Mile children fit for life	Wave to everyone you see	Run your route in reverse
Do The	Eat fruit	Find 5	Be very	Do The
Daily Mile	after	blue	quiet to	Daily Mile
twice today	you run	objects	hear birds	in the p.m.
Count how	Look for 10	Wear blue	Say "hi" in	Sing a
many steps	things that	on your	a different	song while
you take	are green	Daily Mile	language	walking



## INSTRUCTIONS

- 1. Download and print a copy of one of the BINGO cards for each child in your home. Download and print one extra card.
- 2. Cut out the BINGO squares from the extra card and put the cards into a bag.
- 3. Let your child pull a BINGO square from the bag. Have your children complete the activity for that day, then cross the activity off their BINGO cards. The center square is free.
- 4. When your child has crossed off all activities in a row (up and down, across, or diagonally), give them a special treat! For example, let them decide on dinner, give them 30 extra minutes of play time, etc.
- Post your pictures on social media and use #TheDailyMileAtHome
- 6. Repeat the game as many times as you'd like to encourage your child to stay active!

