

# Coach Paul's Fit & Fun Bingo

myfreebingocards.com

## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/c9mfc5](https://mfbc.us/e/c9mfc5)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Remote Bingo

You can play this bingo game remotely if your players can't get together. For instructions on how to run a remote game go to <https://myfreebingocards.com/faq>.

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/c9mfc5](https://mfbc.us/s/c9mfc5)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/c9mfc5](https://mfbc.us/e/c9mfc5)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Take 5 Deep Breaths	Do 10 Push Ups or Wall Push Ups	Do 15 Toe Touches	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 15 Arm Circles
Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises
Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment			

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Give your Parent or Sibling a Compliment	Do 15 Arm Circles	Play a Board Game with a Family Member	Do 15 Toe Touches
Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Do 3 Minutes Marching in Place or Speed Bag with your Arms
Walk or Roll to Check Your Mail	Have a Catch with Mom, Dad or Sibling	<b>FREE SPACE</b>	Do 10 Push Ups or Wall Push Ups
Do 5 Minutes of Stretching Exercises	Go for a Walk or Roll Around the Block	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges

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Do 10 Planks or Bridges	Do 15 Arm Circles	Play a Board Game with a Family Member	Go for a Walk or Roll Around the Block
Walk or Roll to Check Your Mail	Do 10 sets of T's, Y's and I's	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches
Do 5 Minutes of Stretching Exercises	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	<b>FREE SPACE</b>	Have a Catch with Mom, Dad or Sibling
Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Do 10 Push Ups or Wall Push Ups	Take 5 Deep Breaths

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Take 5 Deep Breaths	Do 5 Minutes of Stretching Exercises	Go for a Walk or Roll Around the Block	Do 15 Toe Touches
Do 15 Arm Circles	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment	Do 10 Arm Curls with Vegetable Cans
Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	<b>FREE SPACE</b>	Have a Catch with Mom, Dad or Sibling
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Walk or Roll to Check Your Mail

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Walk or Roll to Check Your Mail	Give your Parent or Sibling a Compliment	Have a Catch with Mom, Dad or Sibling	Do 15 Arm Circles
Do 10 Planks or Bridges	Do 15 Toe Touches	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
Do 3 Minutes Marching in Place or Speed Bag with your Arms	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	<b>FREE SPACE</b>	Do 5 Minutes of Stretching Exercises
Play a Board Game with a Family Member	Do 10 Push Ups or Wall Push Ups	Do 10 sets of T's, Y's and I's	Go for a Walk or Roll Around the Block

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Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
Walk or Roll to Check Your Mail	Do 15 Toe Touches	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles
Do 5 Minutes of Stretching Exercises	Give your Parent or Sibling a Compliment	<b>FREE SPACE</b>	Go for a Walk or Roll Around the Block
Do 10 Planks or Bridges	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Have a Catch with Mom, Dad or Sibling	Do 3 Minutes Marching in Place or Speed Bag with your Arms

# Coach Paul's Fit & Fun Bingo

Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 15 Toe Touches
Do 5 Minutes of Stretching Exercises	Do 10 Arm Curls with Vegetable Cans	Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block
Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups	FREE SPACE	Do 15 Arm Circles
Give your Parent or Sibling a Compliment	Walk or Roll to Check Your Mail	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Take 5 Deep Breaths



# Coach Paul's Fit & Fun Bingo

Play a Board Game with a Family Member	Do 10 Planks or Bridges	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles
Do 15 Toe Touches	Take 5 Deep Breaths	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
Have a Catch with Mom, Dad or Sibling	Do 5 Minutes of Stretching Exercises	<b>FREE SPACE</b>	Do 10 sets of T's, Y's and I's
Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block	Do 10 Arm Curls with Vegetable Cans	Do 3 Minutes Marching in Place or Speed Bag with your Arms

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Do 10 Push Ups or Wall Push Ups	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Arm Circles	Have a Catch with Mom, Dad or Sibling
Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches	Go for a Walk or Roll Around the Block	Walk or Roll to Check Your Mail
Play a Board Game with a Family Member	Give your Parent or Sibling a Compliment	FREE SPACE	Take 5 Deep Breaths
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	Do 5 Minutes of Stretching Exercises

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Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
Do 10 Arm Curls with Vegetable Cans	Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Walk or Roll to Check Your Mail
Do 10 Planks or Bridges	Do 15 Arm Circles	FREE SPACE	Do 15 Toe Touches
Have a Catch with Mom, Dad or Sibling	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths

# Coach Paul's Fit & Fun Bingo

Do 5 Minutes of Stretching Exercises	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans
Do 10 sets of T's, Y's and I's	Do 15 Arm Circles	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member
Walk or Roll to Check Your Mail	Do 15 Toe Touches	FREE SPACE	Do 3 Minutes Marching in Place or Speed Bag with your Arms
Do 10 Push Ups or Wall Push Ups	Go for a Walk or Roll Around the Block	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges

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Do 10 Planks or Bridges	Do 10 Push Ups or Wall Push Ups	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Toe Touches
Do 10 Arm Curls with Vegetable Cans	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Take 5 Deep Breaths	Give your Parent or Sibling a Compliment
Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member	FREE SPACE	Do 10 sets of T's, Y's and I's
Go for a Walk or Roll Around the Block	Do 15 Arm Circles	Do 5 Minutes of Stretching Exercises	Walk or Roll to Check Your Mail

# Coach Paul's Fit & Fun Bingo

Do 10 Planks or Bridges	Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Walk or Roll to Check Your Mail
Do 5 Minutes of Stretching Exercises	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Take 5 Deep Breaths
Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups	FREE SPACE	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
Do 10 sets of T's, Y's and I's	Do 15 Toe Touches	Go for a Walk or Roll Around the Block	Give your Parent or Sibling a Compliment

# Coach Paul's Fit & Fun Bingo

Walk or Roll to Check Your Mail	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 15 Toe Touches	Do 10 Planks or Bridges
Give your Parent or Sibling a Compliment	Take 5 Deep Breaths	Go for a Walk or Roll Around the Block	Do 15 Arm Circles
Have a Catch with Mom, Dad or Sibling	Do 10 Arm Curls with Vegetable Cans	<b>FREE SPACE</b>	Play a Board Game with a Family Member
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups	Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's

# Coach Paul's Fit & Fun Bingo

Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment	Take 5 Deep Breaths
Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Walk or Roll to Check Your Mail	Do 15 Toe Touches
Do 3 Minutes Marching in Place or Speed Bag with your Arms	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	<b>FREE SPACE</b>	Do 10 Arm Curls with Vegetable Cans
Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member



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Give your Parent or Sibling a Compliment	Do 10 sets of T's, Y's and I's	Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups
Take 5 Deep Breaths	Go for a Walk or Roll Around the Block	Walk or Roll to Check Your Mail	Do 15 Toe Touches
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Play a Board Game with a Family Member	<b>FREE SPACE</b>	Do 10 Arm Curls with Vegetable Cans
Do 15 Arm Circles	Do 10 Planks or Bridges	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 5 Minutes of Stretching Exercises

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Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 5 Minutes of Stretching Exercises	Play a Board Game with a Family Member	Do 10 Planks or Bridges
Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Walk or Roll to Check Your Mail
Do 10 sets of T's, Y's and I's	Go for a Walk or Roll Around the Block	FREE SPACE	Do 15 Toe Touches
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment	Have a Catch with Mom, Dad or Sibling

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Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Walk or Roll to Check Your Mail	Do 15 Toe Touches
Take 5 Deep Breaths	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Play a Board Game with a Family Member	Give your Parent or Sibling a Compliment
Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises	<b>FREE SPACE</b>	Do 10 sets of T's, Y's and I's
Do 10 Planks or Bridges	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles

# Coach Paul's Fit & Fun Bingo

Walk or Roll to Check Your Mail	Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Do 15 Arm Circles
Do 10 Planks or Bridges	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 5 Minutes of Stretching Exercises	Give your Parent or Sibling a Compliment
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Go for a Walk or Roll Around the Block	FREE SPACE	Take 5 Deep Breaths
Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches

# Coach Paul's Fit & Fun Bingo

Do 10 Planks or Bridges	Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's
Take 5 Deep Breaths	Walk or Roll to Check Your Mail	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises
Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block	<b>FREE SPACE</b>	Do 15 Toe Touches
Do 15 Arm Circles	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Push Ups or Wall Push Ups	Do 10 Arm Curls with Vegetable Cans

# Coach Paul's Fit & Fun Bingo

Go for a Walk or Roll Around the Block	Do 15 Toe Touches	Do 10 Push Ups or Wall Push Ups	Give your Parent or Sibling a Compliment
Have a Catch with Mom, Dad or Sibling	Do 5 Minutes of Stretching Exercises	Do 10 sets of T's, Y's and I's	Take 5 Deep Breaths
Do 15 Arm Circles	Do 10 Arm Curls with Vegetable Cans	<b>FREE SPACE</b>	Do 3 Minutes Marching in Place or Speed Bag with your Arms
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Play a Board Game with a Family Member	Walk or Roll to Check Your Mail	Do 10 Planks or Bridges

# Coach Paul's Fit & Fun Bingo

Do 15 Toe Touches	Take 5 Deep Breaths	Walk or Roll to Check Your Mail	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Planks or Bridges	Play a Board Game with a Family Member	Do 5 Minutes of Stretching Exercises
Go for a Walk or Roll Around the Block	Have a Catch with Mom, Dad or Sibling	<b>FREE SPACE</b>	Do 10 Push Ups or Wall Push Ups
Do 10 Arm Curls with Vegetable Cans	Do 15 Arm Circles	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment

# Coach Paul's Fit & Fun Bingo

Walk or Roll to Check Your Mail	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Do 10 Arm Curls with Vegetable Cans
Do 10 sets of T's, Y's and I's	Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Give your Parent or Sibling a Compliment
5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Planks or Bridges	FREE SPACE	Do 15 Toe Touches
Have a Catch with Mom, Dad or Sibling	Take 5 Deep Breaths	Go for a Walk or Roll Around the Block	Do 5 Minutes of Stretching Exercises



# Coach Paul's Fit & Fun Bingo

Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's	Give your Parent or Sibling a Compliment
Play a Board Game with a Family Member	Do 10 Planks or Bridges	Do 10 Arm Curls with Vegetable Cans	Do 5 Minutes of Stretching Exercises
Go for a Walk or Roll Around the Block	Do 10 Push Ups or Wall Push Ups	FREE SPACE	Take 5 Deep Breaths
Do 15 Arm Circles	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Walk or Roll to Check Your Mail	Do 15 Toe Touches

# Coach Paul's Fit & Fun Bingo

Go for a Walk or Roll Around the Block	Give your Parent or Sibling a Compliment	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
Do 5 Minutes of Stretching Exercises	Have a Catch with Mom, Dad or Sibling	Do 15 Toe Touches	Do 3 Minutes Marching in Place or Speed Bag with your Arms
Take 5 Deep Breaths	Do 10 sets of T's, Y's and I's	FREE SPACE	Walk or Roll to Check Your Mail
Do 15 Arm Circles	Do 10 Arm Curls with Vegetable Cans	Do 10 Planks or Bridges	Play a Board Game with a Family Member

# Coach Paul's Fit & Fun Bingo

Do 15 Toe Touches	Do 10 Planks or Bridges	Go for a Walk or Roll Around the Block	Walk or Roll to Check Your Mail
Play a Board Game with a Family Member	Do 10 sets of T's, Y's and I's	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Take 5 Deep Breaths
Do 5 Minutes of Stretching Exercises	Have a Catch with Mom, Dad or Sibling	<b>FREE SPACE</b>	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
Do 10 Push Ups or Wall Push Ups	Do 15 Arm Circles	Give your Parent or Sibling a Compliment	Do 10 Arm Curls with Vegetable Cans

# Coach Paul's Fit & Fun Bingo

Take 5 Deep Breaths	Do 10 sets of T's, Y's and I's	Do 10 Push Ups or Wall Push Ups	Do 5 Minutes of Stretching Exercises
Have a Catch with Mom, Dad or Sibling	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Give your Parent or Sibling a Compliment	Go for a Walk or Roll Around the Block
Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	FREE SPACE	Do 15 Arm Circles
Do 3 Minutes Marching in Place or Speed Bag with your Arms	Play a Board Game with a Family Member	Do 10 Arm Curls with Vegetable Cans	Do 15 Toe Touches

# Coach Paul's Fit & Fun Bingo

5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Give your Parent or Sibling a Compliment	Do 15 Toe Touches
Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Go for a Walk or Roll Around the Block	Do 10 sets of T's, Y's and I's
Do 10 Push Ups or Wall Push Ups	Play a Board Game with a Family Member	<b>FREE SPACE</b>	Take 5 Deep Breaths
Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	Do 5 Minutes of Stretching Exercises	Do 15 Arm Circles

# Coach Paul's Fit & Fun Bingo

Play a Board Game with a Family Member	Do 3 Minutes Marching in Place or Speed Bag with your Arms	Take 5 Deep Breaths	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp
Do 10 Arm Curls with Vegetable Cans	Do 10 sets of T's, Y's and I's	Have a Catch with Mom, Dad or Sibling	Do 10 Push Ups or Wall Push Ups
Do 5 Minutes of Stretching Exercises	Walk or Roll to Check Your Mail	FREE SPACE	Give your Parent or Sibling a Compliment
Go for a Walk or Roll Around the Block	Do 10 Planks or Bridges	Do 15 Arm Circles	Do 15 Toe Touches

# Coach Paul's Fit & Fun Bingo

Go for a Walk or Roll Around the Block	Do 15 Toe Touches	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 Push Ups or Wall Push Ups
Walk or Roll to Check Your Mail	Do 10 Planks or Bridges	Do 10 sets of T's, Y's and I's	Do 5 Minutes of Stretching Exercises
Give your Parent or Sibling a Compliment	Do 15 Arm Circles	<b>FREE SPACE</b>	Do 3 Minutes Marching in Place or Speed Bag with your Arms
Take 5 Deep Breaths	Do 10 Arm Curls with Vegetable Cans	Have a Catch with Mom, Dad or Sibling	Play a Board Game with a Family Member

# Coach Paul's Fit & Fun Bingo

Go for a Walk or Roll Around the Block	Do 10 Planks or Bridges	5 Min. Walking up & Down Stairs or Rolling up & Down a Ramp	Do 10 sets of T's, Y's and I's
Do 3 Minutes Marching in Place or Speed Bag with your Arms	Do 10 Arm Curls with Vegetable Cans	Do 10 Push Ups or Wall Push Ups	Have a Catch with Mom, Dad or Sibling
Do 5 Minutes of Stretching Exercises	Take 5 Deep Breaths	<b>FREE SPACE</b>	Walk or Roll to Check Your Mail
Do 15 Toe Touches	Do 15 Arm Circles	Give your Parent or Sibling a Compliment	Play a Board Game with a Family Member