

Name: _____

Email: _____

Age: _____

BINGO! 12 & younger

Submit your board on Sundays to bingo@breathestrongcf.org
 Grand Prize drawing on January 6, 2025

Take a walk with someone older than you	Go to a park and play for 30 mins	Prepare a meal or treat with another person	Write a gratitude list	Sign up for BreatheStrong+'s Move4Minutes
Complete James' 10-min work out (https://breathestrongcf.org/10-minutes-to-exercise/)	Participate in a kitchen dance party	Create a game that includes a basket, a stick, and a ball	Tell someone you love them	Go to bed on time
Ask someone to make a donation in your honor breathestrongcf.org/donate	Meet or exceed your hydration goals	FREE SPACE	Do your full treatment routine for 1 week without missing a dose, breathing treatment, vest, etc.	Complete a yoga class in-person or online
Eat 5 fruits/vegetables in 1 day	Play for 20 minutes with someone younger than you	Go for a bicycle ride	Do something special for yourself	Play outside for 30 minutes
Have your adult follow BreatheStrong CF on Facebook, Instagram, &/or LinkedIn	Complete 10 miles of activity in 1 week	Try a new activity you've never done before	Hike a local trail	Try a Beam Class (https://youtu.be/nLLGswujffY?feature=shared),