

MSCR Fitness Challenge



BINGO



100 Years Strong

Complete anytime between June 1 - December 18, 2026.

See back side for detailed instructions.

Turn your card into the front desk at MSCR East, West, Central or email/scan a picture to mscr@madison.k12.wi.us

Prizes will be awarded in January 2027.

100 MINUTES OF PHYSICAL ACTIVITY	TRY A NEW RECIPE	VISIT A PARK	100 PUSH-UPS (FLOOR, WALL OR KNEES)	REGISTER FOR ANY FALL MSCR CLASS
STRETCH FOR 10 MINUTES BEFORE BED	AIM FOR 6-8 HOURS OF SLEEP	100 TOTAL MILES ON A BIKE, WALK/RUN, SWIM, OR ROW	CELEBRATE A WIN & DON'T FORGET TO TELL SOMEONE!	READ 100 PAGES
TRY SOMETHING NEW	100 SECOND PLANK (FLOOR, WALL OR KNEES)	 FREE	DRINK 100 OUNCES OF WATER IN A DAY	WRITE A THANK YOU NOTE
100 SECOND WALL SIT	WRITE 3 THINGS YOU'RE GRATEFUL FOR	TRY A NEW FRUIT OR VEGGIE	ENJOY A MEAL WITH SOMEONE YOU KNOW	100 SQUATS
25 PUSH-UPS, 25 BURPEES, 25 JUMPING JACKS, 25 SQUATS	INTRODUCE YOURSELF TO ANOTHER MSCR PARTICIPANT	GO TO A FARMER'S MARKET	WATCH THE SUNRISE OR SUNSET	100 SIT-UPS OR SEATED KNEE LIFTS

FULL NAME:

EMAIL:

PRIZE PICK-UP LOCATION (circle one):

MSCR West MSCR East MSCR Central

T-SHIRT SIZE:

Directions & Rules

- Each square on your bingo card represents a wellness, fitness, or lifestyle activity.
- Complete activities anytime during the challenge period, 6/1 - 12/18.
- Track your progress directly on your card with "x's."
- Activities (such as reps, minutes, or miles) can be accumulated over time (i.e., 10 squats for 10 days = 100 total!).
- Complete multiple squares at once (i.e., trying a new veggie in a new recipe = 2 completed squares).
 - It's like "double dipping your fries in ketchup."
- Complete each square to your own ability. The goal is to keep moving!

How to Win!

- Turn in your card - completed or not - to be eligible for a **MSCR sticker**.
- Prize for a BINGO: **\$20 MSCR gift card** (1 entry per person, 15 awarded)
 - Ways to complete a BINGO:
 - 5 in a row (horizontal), 5 in a column (vertical), 5 diagonally
- Grand Prize: **MSCR Fitness Themed T-Shirt** (first 100)
 - Complete all 25 squares for the ultimate challenge!
- Turn in your card to:
 - MSCR East, West, Central or email/scan to mscr@madison.k12.wi.us
 - Prizes awarded in January 2027

Exercise Guide & Options*

*This is not an exhaustive list. Pick the option that is best for your ability. Ask an instructor for guidance! Difficulty decreases as you move down the list of bullets.

- Push-Ups
 - Floor push-ups
 - Knees on ground
 - Wall push-ups
- Squats
 - Hold weights
 - Bodyweight squat
 - Sit-to-stand from a chair
- Plank
 - Forearm plank
 - Knees down
 - Wall plank
- Wall Sit
 - Hold weight
 - 90° knee bend
 - Reduced knee bend
- Sit-Ups
 - Sit-ups lying on the floor
 - Crunches
 - Seated/Chair knee lifts
- Burpees/Jumping Jacks
 - Removing the jump
 - Stepping instead of hopping
 - Slowing the pace
 - Using a chair vs. going to floor

Questions?
Email mscr@madison.k12.wi.us
or call 608-204-3023