

Argo Bingo Challenge

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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/n6kberk

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.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

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/n6kberk

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/n6kberk

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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 a 20-minute Walk	Do 20 Lunges per Leg	Do 20 Push-ups	50 Squats During a Break	30 Minute Workout	Do 20 Sit-ups	30-second Plank
30-second Wall Sit	50 Jumping Jacks	15 Minute Run	Drink a glass of Water	Stretch for 15 Minutes	Free	Enjoy a Healthy Snack
Try a new Exercise	15 Minutes of Journaling	Thank a Co-Worker	Run in Place for 10 Seconds	Post a sweaty Selfie	Run a Mile	Salad For Lunch
No Sugar	Refrain from social media for 4 hrs	30 Minute Cardio	Do yoga for 15 min			

Argo Bingo Challenge

Run a Mile	30 Minute Cardio	Drink a glass of Water	30-second Wall Sit	No Sugar
Do 20 Sit-ups	Post a sweaty Selfie	Run in Place for 10 Seconds	Free	30-second Plank
Salad For Lunch	50 Jumping Jacks	Take a 20-minute Walk	15 Minutes of Journaling	Thank a Co-Worker
Do 20 Lunges per Leg	15 Minute Run	Do yoga for 15 min	Try a new Exercise	Do 20 Push-ups
50 Squats During a Break	30 Minute Workout	Refrain from social media for 4 hrs	Enjoy a Healthy Snack	Stretch for 15 Minutes

Argo Bingo Challenge

Run in Place for 10 Seconds	Enjoy a Healthy Snack	Post a sweaty Selfie	Run a Mile	Do 20 Lunges per Leg
Do 20 Sit-ups	50 Jumping Jacks	Refrain from social media for 4 hrs	Salad For Lunch	30-second Wall Sit
Thank a Co-Worker	Do 20 Push-ups	30 Minute Workout	15 Minutes of Journaling	Do yoga for 15 min
30-second Plank	30 Minute Cardio	Take a 20-minute Walk	15 Minute Run	Drink a glass of Water
No Sugar	50 Squats During a Break	Stretch for 15 Minutes	Free	Try a new Exercise

Argo Bingo Challenge

Refrain from social media for 4 hrs	Free	Run in Place for 10 Seconds	Do 20 Push-ups	Do yoga for 15 min
Stretch for 15 Minutes	30-second Wall Sit	Try a new Exercise	30 Minute Cardio	Take a 20-minute Walk
50 Jumping Jacks	Enjoy a Healthy Snack	Run a Mile	15 Minutes of Journaling	Post a sweaty Selfie
50 Squats During a Break	Salad For Lunch	15 Minute Run	Do 20 Lunges per Leg	Thank a Co-Worker
No Sugar	Drink a glass of Water	Do 20 Sit-ups	30-second Plank	30 Minute Workout

Argo Bingo Challenge

Take a 20-minute Walk	Drink a glass of Water	Salad For Lunch	30-second Plank	Enjoy a Healthy Snack
15 Minutes of Journaling	Free	No Sugar	Thank a Co-Worker	Run in Place for 10 Seconds
Run a Mile	Refrain from social media for 4 hrs	Try a new Exercise	50 Jumping Jacks	30 Minute Workout
Do 20 Push-ups	Do 20 Lunges per Leg	30-second Wall Sit	Stretch for 15 Minutes	Do 20 Sit-ups
Post a sweaty Selfie	30 Minute Cardio	Do yoga for 15 min	15 Minute Run	50 Squats During a Break

Argo Bingo Challenge

Drink a glass of Water	30-second Plank	Take a 20-minute Walk	50 Jumping Jacks	15 Minute Run
Do 20 Lunges per Leg	Run in Place for 10 Seconds	Post a sweaty Selfie	15 Minutes of Journaling	Stretch for 15 Minutes
Try a new Exercise	30 Minute Cardio	Thank a Co-Worker	Do 20 Sit-ups	Do yoga for 15 min
30-second Wall Sit	30 Minute Workout	Free	Do 20 Push-ups	Run a Mile
50 Squats During a Break	Salad For Lunch	Refrain from social media for 4 hrs	Enjoy a Healthy Snack	No Sugar

Argo Bingo Challenge

Drink a glass of Water	30 Minute Cardio	Run a Mile	30-second Wall Sit	Try a new Exercise
30 Minute Workout	Post a sweaty Selfie	50 Jumping Jacks	Enjoy a Healthy Snack	Run in Place for 10 Seconds
Free	15 Minute Run	Refrain from social media for 4 hrs	No Sugar	Do yoga for 15 min
Do 20 Lunges per Leg	Salad For Lunch	Take a 20-minute Walk	Thank a Co-Worker	Do 20 Sit-ups
Do 20 Push-ups	Stretch for 15 Minutes	30-second Plank	15 Minutes of Journaling	50 Squats During a Break

Argo Bingo Challenge

Thank a Co-Worker	30 Minute Workout	No Sugar	Salad For Lunch	Try a new Exercise
50 Squats During a Break	Run in Place for 10 Seconds	Post a sweaty Selfie	30-second Wall Sit	Do yoga for 15 min
50 Jumping Jacks	Refrain from social media for 4 hrs	Do 20 Sit-ups	15 Minutes of Journaling	Free
Drink a glass of Water	Enjoy a Healthy Snack	Do 20 Push-ups	15 Minute Run	Take a 20-minute Walk
Run a Mile	Do 20 Lunges per Leg	30-second Plank	Stretch for 15 Minutes	30 Minute Cardio

Argo Bingo Challenge

Thank a Co-Worker	Run a Mile	Do 20 Lunges per Leg	Do 20 Sit-ups	15 Minute Run
30 Minute Workout	Take a 20-minute Walk	15 Minutes of Journaling	Drink a glass of Water	30-second Plank
Run in Place for 10 Seconds	Refrain from social media for 4 hrs	Free	50 Jumping Jacks	30-second Wall Sit
Stretch for 15 Minutes	30 Minute Cardio	Try a new Exercise	Do yoga for 15 min	No Sugar
Do 20 Push-ups	50 Squats During a Break	Post a sweaty Selfie	Enjoy a Healthy Snack	Salad For Lunch

Argo Bingo Challenge

Do 20 Lunges per Leg	Do 20 Push-ups	Enjoy a Healthy Snack	Salad For Lunch	15 Minutes of Journaling
Drink a glass of Water	30-second Plank	30-second Wall Sit	Do yoga for 15 min	Run a Mile
Refrain from social media for 4 hrs	Free	Thank a Co-Worker	50 Jumping Jacks	Post a sweaty Selfie
Stretch for 15 Minutes	50 Squats During a Break	No Sugar	30 Minute Workout	Do 20 Sit-ups
15 Minute Run	Run in Place for 10 Seconds	30 Minute Cardio	Try a new Exercise	Take a 20-minute Walk

Argo Bingo Challenge

Take a 20-minute Walk	Salad For Lunch	No Sugar	30 Minute Cardio	30 Minute Workout
Post a sweaty Selfie	50 Squats During a Break	50 Jumping Jacks	15 Minutes of Journaling	15 Minute Run
Enjoy a Healthy Snack	Try a new Exercise	Run a Mile	Do 20 Push-ups	Run in Place for 10 Seconds
Do yoga for 15 min	Thank a Co-Worker	Drink a glass of Water	Stretch for 15 Minutes	30-second Plank
Do 20 Sit-ups	Refrain from social media for 4 hrs	Do 20 Lunges per Leg	30-second Wall Sit	Free

Argo Bingo Challenge

30 Minute Cardio	Stretch for 15 Minutes	Run a Mile	15 Minutes of Journaling	30-second Wall Sit
Free	Do 20 Lunges per Leg	Drink a glass of Water	Enjoy a Healthy Snack	Run in Place for 10 Seconds
50 Squats During a Break	Thank a Co-Worker	No Sugar	Try a new Exercise	Do yoga for 15 min
Post a sweaty Selfie	Refrain from social media for 4 hrs	Salad For Lunch	30 Minute Workout	Take a 20-minute Walk
15 Minute Run	50 Jumping Jacks	30-second Plank	Do 20 Sit-ups	Do 20 Push-ups

Argo Bingo Challenge

Post a sweaty Selfie	50 Squats During a Break	Free	30 Minute Cardio	50 Jumping Jacks
Do 20 Push-ups	Enjoy a Healthy Snack	Do 20 Sit-ups	Stretch for 15 Minutes	30-second Wall Sit
Do yoga for 15 min	Run in Place for 10 Seconds	15 Minutes of Journaling	Try a new Exercise	Thank a Co-Worker
Drink a glass of Water	Take a 20-minute Walk	Run a Mile	Do 20 Lunges per Leg	30 Minute Workout
15 Minute Run	Refrain from social media for 4 hrs	No Sugar	Salad For Lunch	30-second Plank

Argo Bingo Challenge

Run in Place for 10 Seconds	Try a new Exercise	30-second Plank	Do 20 Lunges per Leg	Do 20 Push-ups
Enjoy a Healthy Snack	30 Minute Workout	30-second Wall Sit	Thank a Co-Worker	Free
Post a sweaty Selfie	Salad For Lunch	Run a Mile	50 Jumping Jacks	50 Squats During a Break
15 Minute Run	No Sugar	15 Minutes of Journaling	Do 20 Sit-ups	Take a 20-minute Walk
30 Minute Cardio	Do yoga for 15 min	Drink a glass of Water	Stretch for 15 Minutes	Refrain from social media for 4 hrs

Argo Bingo Challenge

Do 20 Push-ups	Try a new Exercise	30-second Plank	Do yoga for 15 min	Enjoy a Healthy Snack
30 Minute Workout	Run in Place for 10 Seconds	Refrain from social media for 4 hrs	Do 20 Sit-ups	Free
50 Jumping Jacks	Stretch for 15 Minutes	Post a sweaty Selfie	15 Minute Run	Drink a glass of Water
No Sugar	15 Minutes of Journaling	Take a 20-minute Walk	30-second Wall Sit	Salad For Lunch
Run a Mile	Thank a Co-Worker	Do 20 Lunges per Leg	50 Squats During a Break	30 Minute Cardio

Argo Bingo Challenge

50 Squats During a Break	Do 20 Lunges per Leg	Drink a glass of Water	Post a sweaty Selfie	30 Minute Cardio
Refrain from social media for 4 hrs	Take a 20-minute Walk	Enjoy a Healthy Snack	30-second Wall Sit	15 Minutes of Journaling
Free	30-second Plank	Salad For Lunch	Run in Place for 10 Seconds	Run a Mile
Try a new Exercise	Do 20 Sit-ups	50 Jumping Jacks	Thank a Co-Worker	15 Minute Run
Stretch for 15 Minutes	30 Minute Workout	No Sugar	Do yoga for 15 min	Do 20 Push-ups

Argo Bingo Challenge

15 Minutes of Journaling	Free	Do yoga for 15 min	Thank a Co-Worker	50 Jumping Jacks
Take a 20-minute Walk	Stretch for 15 Minutes	Run in Place for 10 Seconds	Try a new Exercise	Enjoy a Healthy Snack
Refrain from social media for 4 hrs	No Sugar	15 Minute Run	Drink a glass of Water	Do 20 Push-ups
Post a sweaty Selfie	Run a Mile	Do 20 Sit-ups	Do 20 Lunges per Leg	Salad For Lunch
30-second Plank	50 Squats During a Break	30 Minute Cardio	30-second Wall Sit	30 Minute Workout

Argo Bingo Challenge

Drink a glass of Water	Free	30-second Wall Sit	Thank a Co-Worker	Try a new Exercise
30-second Plank	50 Squats During a Break	30 Minute Cardio	Salad For Lunch	Do 20 Lunges per Leg
Do 20 Push-ups	Enjoy a Healthy Snack	15 Minute Run	Do 20 Sit-ups	Post a sweaty Selfie
Do yoga for 15 min	30 Minute Workout	Stretch for 15 Minutes	No Sugar	Refrain from social media for 4 hrs
Run a Mile	Take a 20-minute Walk	15 Minutes of Journaling	50 Jumping Jacks	Run in Place for 10 Seconds

Argo Bingo Challenge

Do yoga for 15 min	30 Minute Cardio	15 Minute Run	30-second Plank	Run in Place for 10 Seconds
Enjoy a Healthy Snack	Run a Mile	Free	No Sugar	Refrain from social media for 4 hrs
Take a 20-minute Walk	Drink a glass of Water	Do 20 Sit-ups	Do 20 Push-ups	Do 20 Lunges per Leg
Salad For Lunch	50 Jumping Jacks	50 Squats During a Break	30-second Wall Sit	30 Minute Workout
15 Minutes of Journaling	Post a sweaty Selfie	Stretch for 15 Minutes	Thank a Co-Worker	Try a new Exercise

Argo Bingo Challenge

50 Jumping Jacks	Do 20 Sit-ups	Try a new Exercise	Do yoga for 15 min	Do 20 Push-ups
30 Minute Workout	Do 20 Lunges per Leg	30-second Plank	Enjoy a Healthy Snack	No Sugar
Refrain from social media for 4 hrs	Thank a Co-Worker	Run a Mile	30-second Wall Sit	Salad For Lunch
Post a sweaty Selfie	50 Squats During a Break	Run in Place for 10 Seconds	15 Minutes of Journaling	15 Minute Run
Drink a glass of Water	Stretch for 15 Minutes	Free	Take a 20-minute Walk	30 Minute Cardio

Argo Bingo Challenge

Enjoy a Healthy Snack	Salad For Lunch	50 Jumping Jacks	Free	15 Minute Run
Post a sweaty Selfie	No Sugar	50 Squats During a Break	Drink a glass of Water	30 Minute Cardio
Try a new Exercise	Stretch for 15 Minutes	Do 20 Sit-ups	Do yoga for 15 min	Do 20 Lunges per Leg
Run in Place for 10 Seconds	30 Minute Workout	Take a 20-minute Walk	Thank a Co-Worker	Refrain from social media for 4 hrs
15 Minutes of Journaling	30-second Wall Sit	30-second Plank	Do 20 Push-ups	Run a Mile

Argo Bingo Challenge

Salad For Lunch	No Sugar	Free	50 Squats During a Break	Run a Mile
Refrain from social media for 4 hrs	Drink a glass of Water	Take a 20-minute Walk	30-second Plank	15 Minutes of Journaling
30 Minute Workout	30-second Wall Sit	Thank a Co-Worker	Try a new Exercise	Do 20 Push-ups
Post a sweaty Selfie	Run in Place for 10 Seconds	15 Minute Run	Enjoy a Healthy Snack	Do yoga for 15 min
50 Jumping Jacks	30 Minute Cardio	Do 20 Sit-ups	Stretch for 15 Minutes	Do 20 Lunges per Leg

Argo Bingo Challenge

Do yoga for 15 min	15 Minute Run	30-second Plank	Do 20 Push-ups	No Sugar
Drink a glass of Water	Post a sweaty Selfie	30 Minute Cardio	Do 20 Lunges per Leg	15 Minutes of Journaling
Thank a Co-Worker	Run in Place for 10 Seconds	Stretch for 15 Minutes	Do 20 Sit-ups	Run a Mile
30 Minute Workout	Enjoy a Healthy Snack	Salad For Lunch	30-second Wall Sit	50 Squats During a Break
Take a 20-minute Walk	Try a new Exercise	Refrain from social media for 4 hrs	Free	50 Jumping Jacks

Argo Bingo Challenge

Do 20 Sit-ups	Do 20 Push-ups	15 Minute Run	Post a sweaty Selfie	30 Minute Workout
Salad For Lunch	Thank a Co-Worker	Refrain from social media for 4 hrs	Take a 20-minute Walk	Do 20 Lunges per Leg
Run in Place for 10 Seconds	Do yoga for 15 min	50 Jumping Jacks	50 Squats During a Break	Try a new Exercise
Enjoy a Healthy Snack	Stretch for 15 Minutes	No Sugar	Free	30-second Plank
30-second Wall Sit	Run a Mile	15 Minutes of Journaling	30 Minute Cardio	Drink a glass of Water

Argo Bingo Challenge

Stretch for 15 Minutes	Refrain from social media for 4 hrs	50 Jumping Jacks	30 Minute Cardio	Do 20 Sit-ups
No Sugar	Free	Try a new Exercise	Take a 20-minute Walk	Drink a glass of Water
Enjoy a Healthy Snack	50 Squats During a Break	30-second Plank	Do yoga for 15 min	Do 20 Lunges per Leg
Post a sweaty Selfie	15 Minute Run	30 Minute Workout	Do 20 Push-ups	30-second Wall Sit
Run a Mile	Salad For Lunch	15 Minutes of Journaling	Run in Place for 10 Seconds	Thank a Co-Worker

Argo Bingo Challenge

Refrain from social media for 4 hrs	Enjoy a Healthy Snack	Take a 20-minute Walk	30-second Plank	30 Minute Workout
Do 20 Lunges per Leg	Do yoga for 15 min	15 Minute Run	Do 20 Push-ups	Thank a Co-Worker
Do 20 Sit-ups	Free	30 Minute Cardio	Salad For Lunch	Stretch for 15 Minutes
Run in Place for 10 Seconds	Try a new Exercise	30-second Wall Sit	Run a Mile	No Sugar
50 Squats During a Break	Drink a glass of Water	Post a sweaty Selfie	15 Minutes of Journaling	50 Jumping Jacks

Argo Bingo Challenge

15 Minute Run	50 Squats During a Break	Do 20 Push-ups	Run in Place for 10 Seconds	50 Jumping Jacks
15 Minutes of Journaling	Thank a Co-Worker	Do yoga for 15 min	Salad For Lunch	Do 20 Sit-ups
30-second Plank	Post a sweaty Selfie	Drink a glass of Water	30 Minute Workout	No Sugar
Refrain from social media for 4 hrs	Stretch for 15 Minutes	Enjoy a Healthy Snack	Try a new Exercise	Free
Run a Mile	Do 20 Lunges per Leg	30 Minute Cardio	30-second Wall Sit	Take a 20-minute Walk

Argo Bingo Challenge

Drink a glass of Water	50 Squats During a Break	Thank a Co-Worker	Take a 20-minute Walk	Enjoy a Healthy Snack
Salad For Lunch	15 Minutes of Journaling	15 Minute Run	Try a new Exercise	Stretch for 15 Minutes
30-second Plank	Refrain from social media for 4 hrs	Do yoga for 15 min	30 Minute Workout	Run a Mile
Do 20 Lunges per Leg	No Sugar	Free	Do 20 Push-ups	Do 20 Sit-ups
30 Minute Cardio	Post a sweaty Selfie	Run in Place for 10 Seconds	30-second Wall Sit	50 Jumping Jacks

Argo Bingo Challenge

Do 20 Sit-ups	Run a Mile	Thank a Co-Worker	Post a sweaty Selfie	50 Jumping Jacks
Salad For Lunch	Stretch for 15 Minutes	Take a 20-minute Walk	15 Minute Run	Free
30 Minute Workout	Refrain from social media for 4 hrs	Run in Place for 10 Seconds	Do 20 Push-ups	Do 20 Lunges per Leg
30-second Plank	30 Minute Cardio	50 Squats During a Break	30-second Wall Sit	Enjoy a Healthy Snack
Try a new Exercise	No Sugar	15 Minutes of Journaling	Do yoga for 15 min	Drink a glass of Water

Argo Bingo Challenge

Do 20 Sit-ups	30 Minute Cardio	Stretch for 15 Minutes	15 Minute Run	30-second Plank
50 Squats During a Break	15 Minutes of Journaling	30 Minute Workout	Do yoga for 15 min	Do 20 Lunges per Leg
Enjoy a Healthy Snack	Free	Try a new Exercise	Take a 20-minute Walk	50 Jumping Jacks
Refrain from social media for 4 hrs	Run in Place for 10 Seconds	Salad For Lunch	30-second Wall Sit	Thank a Co-Worker
No Sugar	Post a sweaty Selfie	Run a Mile	Do 20 Push-ups	Drink a glass of Water

Argo Bingo Challenge

No Sugar	50 Squats During a Break	15 Minutes of Journaling	50 Jumping Jacks	Take a 20-minute Walk
30-second Wall Sit	Free	Salad For Lunch	Do 20 Sit-ups	Thank a Co-Worker
Run a Mile	Enjoy a Healthy Snack	Drink a glass of Water	30-second Plank	30 Minute Cardio
Do yoga for 15 min	Run in Place for 10 Seconds	Refrain from social media for 4 hrs	Do 20 Push-ups	30 Minute Workout
15 Minute Run	Stretch for 15 Minutes	Post a sweaty Selfie	Do 20 Lunges per Leg	Try a new Exercise