



ACTIVE BINGO CHALLENGE

PLAY FRISBEE GOLF	RUN 1K	TAKE PART IN A LOCKDOWN QUIZ	WATCH YOUR FAVOURITE FILM	COMPLETE 200 SQUATS IN ONE DAY
TAKE A PICTURE OF THE SUNSET	TREAT YOURSELF TO A 'CHEAT MEAL'	JOIN A FACEBOOK LIVE FITNESS CLASS	COOK A HEARTY WINTER MEAL	COMPLETE A FITNESS CHALLENGE VIA MYWELLNESS
JOG 2K	TEXT A FRIEND WHO YOU HAVEN'T SPOKEN TO FOR A WHILE	FOLLOW ESSEX SPORT ON SOCIAL MEDIA	COMPLETE 50 SIT UPS IN ONE DAY	JOIN IN OUR ORIENTEERING
WATCH A SPORT DOCUMENTARY	COMPLETE 10,000 STEPS FOR 5 DAYS OF A WEEK	GET 8 HOURS SLEEP	JOIN A BUDDY-UP WALK AND TALK	WRITE 5 THINGS YOU WANT TO DO IN JANUARY
MAKE A PLAYLIST OF SONGS THAT MAKE YOU SMILE	DO A GOOD DEED	RUN / WALK 3K	TAKE A REST DAY	COMPLETE 100 PUSH UPS IN ONE DAY

Share your progress with us, as you cross each one off, by tagging us on social media.



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