

ADIDAS SUMMER SERIES



Confidence

LOVE YOURSELF BINGO

COMPLETE FIVE ACTIVITIES IN A ROW TO GET A BINGO!
KEEP IT GOING TO SEE HOW MANY YOU CAN COMPLETE.

STEP ONE - CHOOSE YOUR PATH - DIAGONAL, HORIZONTAL OR VERTICAL.
STEP TWO - COMPLETE THE PROMPTS IN THE SQUARES.
STEP THREE - MARK OFF EACH ACTIVITY UNTIL YOU HAVE FIVE IN A ROW!

CHUG A GLASS OF
WATER

READ FOR 10
MINUTES

SAY OUT LOUD,
"I'M AMAZING!"

TELL SOMEONE
ABOUT A PROJECT
YOU'RE PROUD OF

MOVE YOUR BODY
FOR 10 MINUTES

MAKE UP YOUR
OWN DANCE
ROUTINE

EAT A HEALTHY
SNACK

NAME FIVE THINGS
YOU'RE GRATEFUL
FOR

DO YOUR THREE
FAVORITE YOGA
POSES

GIVE SOMEONE A
COMPLIMENT

FIVE PUSHUPS

DO SOMETHING
KIND FOR SOMEONE

STAR POWER
* * *
(FREE) * * *

SHARE YOUR
FAVORITE THING
FROM THE SERIES
WITH A FRIEND

HAVE A HEALTHY
BREAKFAST

SAY OUT LOUD,
"I'M POWERFUL!"

25 JUMPING JACKS

HANG OUT WITH
A FRIEND

10 ARM CIRCLES

STAND IN THE
SUNSHINE FOR FIVE
MINUTES

GIVE YOURSELF A
COMPLIMENT

I AM GOOD AT

STRETCH FOR FIVE
MINUTES

TURN ON YOUR
FAVORITE SONG
AND SING ALONG

NAME THREE
THINGS YOU DO
REALLY WELL