



Working from home exercise bingo card

<p>Make a cup of tea or coffee</p> <p>5 burpees</p>	<p>Read an email that adds ZERO value</p> <p>10 jumping jacks</p>	<p>Read the news / Twitter</p> <p>5 pushups</p>
<p>Finish a conference call)</p> <p>30 second plank</p>	<p>Explain you are WFH to a colleague</p> <p>30 second wall sit</p>	<p>Do a household chore</p> <p>5 chair dips</p>
<p>Eat a biscuit / snack</p> <p>10 lunges</p>	<p>Think about what is for dinner</p> <p>10 air squats</p>	<p>Slam door / window to keep out noise</p> <p>10 air punches</p>
<p>Internet connection dies</p> <p>10 sit ups</p>	<p>Put off an important piece of work</p> <p>Downward dog to upward dog</p>	<p>Feel frazzled</p> <p>Go for a walk</p>