



I Can See It Bingo!

Use this sheet to see how many of the treasures you can spot on your Daily Mile. Tick them off as you see them. Aim for a complete line, column or a full house of ticks.

Maybe compete against another person, group or family.

You could use the blank template to create your own treasure hunt too.

Spot something Big	Smooth	Blue	Brown
Shiny	Round	Long	Colourful
Very small	That makes a noise	Bumpy	Living
Square	That makes you smile	Hard	Soft

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing thedailymile@northlincs.gov.uk. Any submissions will be go into a prize draw, details of which can be found at www.northlincs.gov.uk/nlactive/fitforlife. Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**