



## BINGO Challenge - May 2020

Share the love! Get 1 friend to do the Bingo Challenge with you.	20 burpees for time in the first week. Time _____	Perform 50 push-ups 3x in one week.	Run/walk one mile for time within the first week. Time _____	Hydrate! Drink 1/2 of your body weight in ounces of water.
Motivational Monday! Post a motivating quote, etc to get your team motivated for the week!	Attend a Zoom class time you don't normally attend.	Perform 50 squats 3x in one week.	Post a pic of your pre or post wod snack/meal.	Veggies! Eat veggies with each meal 3 days in one week
Take a Saturday Zoom class!	Attend 5 Zoom classes in one week.	<b>SELF CARE</b>	Identify one goal you'd like to accomplish this month, share it with your teammates and CRUSH it!	Meal prep 1x each week and post your meal prep and your WHY.
Flex Friday! Post a pic of your gains.	Get 8 hours of sleep 3x in a week.	Perform 50 sit ups 3x in one week.	Perform 50 burpees virtually with 2 teammates - take pics or video & post!	Avoid processed food for one full day.
Post a pic of yourself on social and why you love Bell City.	20 burpees for time in the last week. Time _____	Perform 50 pull-ups 3x in one week. (Sub - band or DB rows)	Run/walk one mile for time within the last week. Time _____	Log your food 5 days in a row.