

ANYTIME FITNESS BINGO

TRY A NEW MACHINE AT THE GYM	10 SIT UPS BEFORE BREAKFAST	GOALS MET WEIGH IN	REST	NO FRIED FOODS (2 DAYS THIS WEEK)
DRINK 8 GLASSES OF WATER	TELL A FRIEND ABOUT ANYTIME FITNESS	NO SUGAR TODAY	5 GYM CHECKINS (THIS WEEK)	SUBMIT YOUR FAVORITE HEALTHY RECIPE
WALK 10 000 STEPS TODAY	BRING A FRIEND	INTRODUCE YOURSELF TO A FELLOW AF MEMBER	MAKE A FITNESS JOURNAL	SUBMIT YOUR FAVE FITNESS SONG
NO BREAD TODAY	REACH 120 MINUTES OF WORKOUT TIME	HAVE 3 MEALS A DAY (3X'S THIS WEEK)	NO SODA TODAY	DANCE TO A SONG YOU LOVE
SUBMIT A PICTURE OF YOURSELF SMILING @ ANYTIME FITNESS	EAT 3 FRUITS THAT ARE DIFFERENT COLORS	WALK 15 MIN ON TREADMILL(3X THIS WEEK)	EAT DINNER BEFORE 6 P.M.	HEAD TO HEAD CHALLENGE WITH STAFF MEMBER (5 QUESTION QUIZ)

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EAT DINNER BEFORE 6 P.M.	SUBMIT YOUR FAVE FITNESS SONG	INTRODUCE YOURSELF TO A FELLOW AF MEMBER	NO FRIED FOODS (2 DAYS THIS WEEK)	REACH 120 MINUTES OF WORKOUT TIME
DRINK 8 GLASSES OF WATER	GOALS MET WEIGH IN	NO SUGAR TODAY	NO SODA TODAY	TRY A NEW MACHINE AT THE GYM
NO BREAD TODAY	EAT 3 FRUITS THAT ARE DIFFERENT COLORS	TELL A FRIEND ABOUT ANYTIME FITNESS	HAVE 3 MEALS A DAY (3X'S THIS WEEK)	REST
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DANCE TO A SONG YOU LOVE	HEAD TO HEAD CHALLENGE WITH STAFF MEMBER (5 QUESTION QUIZ)	DRINK 8 GLASSES OF WATER	INTRODUCE YOURSELF TO A FELLOW AF MEMBER	TRY A NEW MACHINE AT THE GYM
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MAKE A FITNESS JOURNAL	SUBMIT YOUR FAVORITE HEALTHY RECIPE	REST	GOALS MET WEIGH IN	NO FRIED FOODS (2 DAYS THIS WEEK)