

B	I	N	G	O
TRY A NEW MACHINE AT THE GYM	20 SIT UPS BEFORE BREAKFAST	EAT DINNER BEFORE 6 P.M.	SET A NEW PR	NO SODA TODAY
DO AN EXERCISE OUTSIDE	TELL A FRIEND ABOUT BODY SCULPTING SATURDAYS	REACH 200 POINTS IN A WEEK	4 GYM CHECKINS (THIS WEEK)	SUBMIT YOUR FAVORITE HEALTHY RECIPE
WALK 10 000 STEPS TODAY	BRING A FRIEND	FREE	HEAD TO HEAD CHALLENGE WITH JAZ OR WORKOUT PARTNER	NO BREAD TODAY
SUBMIT YOUR FAVE FITNESS SONG	NO FRIED FOODS (2 DAYS THIS WEEK)	REST	GOALS MET WEIGH IN	NO SUGAR TODAY
DANCE TO A SONG YOU LOVE	SUBMIT A PICTURE OF YOURSELF SMILING DURING AN UPPER BODY WORKOUT	DRINK 8 GLASSES OF WATER	WALK 15 MIN ON TREADMILL(3X THIS WEEK)	EAT 3 FRUITS THAT ARE DIFFERENT COLORS

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SET A NEW PR	NO BREAD TODAY	EAT DINNER BEFORE 6 P.M.	NO SUGAR TODAY	BRING A FRIEND
HEAD TO HEAD CHALLENGE WITH JAZ OR WORKOUT PARTNER	20 SIT UPS BEFORE BREAKFAST	FREE	GOALS MET WEIGH IN	REST
EAT 3 FRUITS THAT ARE DIFFERENT COLORS	TRY A NEW MACHINE AT THE GYM	DRINK 8 GLASSES OF WATER	SUBMIT YOUR FAVE FITNESS SONG	DANCE TO A SONG YOU LOVE
NO SODA TODAY	HAVE 3 MEALS A DAY (3X'S THIS WEEK)	SUBMIT YOUR FAVORITE HEALTHY RECIPE	REACH 200 POINTS IN A WEEK	TELL A FRIEND ABOUT BODY SCULPTING SATURDAYS

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