

B	I	N	G	O
Tag or like us in a Social Media Post #BossUp	1 minute march in place	8 Lunges to the right	Run in place-45 seconds	Get 8 hours of sleep
20 Jumping Jacks	Side bend to the right- 3 X	Play Catch	10 Squats	Roll shoulders back- 20 seconds
Side bend to the left- 3 X	Take A Deep Breath in & Exhale 4x	FREE	12 Calf raises	Complete 3000 Steps or More
Drink 3 glasses of water	Say 4 Positive Affirmations	Follow Us On Social Media @TheHouseOf Darla	Balance on right leg- 10 seconds	Jump Rope for 15 Seconds
Balance on left leg- 10 seconds	15 small arm circles	Reach to the ceiling- 3 X	Write 4 Positive Affirmations	8 Lunges to the left

B	I	N	G	O
Take A Deep Breath in & Exhale 4x	10 Squats	Run in place-45 seconds	20 Jumping Jacks	Play Catch
8 Lunges to the right	Write 4 Positive Affirmations	Get 8 hours of sleep	15 small arm circles	Roll shoulders back- 20 seconds
Drink 3 glasses of water	12 Calf raises	FREE	Complete 3000 Steps or More	1 minute march in place
Balance on right leg- 10 seconds	Reach to the ceiling- 3 X	Tag or like us in a Social Media Post #BossUp	8 Lunges to the left	Say 4 Positive Affirmations
Follow Us On Social Media @TheHouseOf Darla	Jump Rope for 15 Seconds	Side bend to the left- 3 X	Side bend to the right- 3 X	Balance on left leg- 10 seconds

B	I	N	G	O
15 small arm circles	Reach to the ceiling- 3 X	10 Squats	Jump Rope for 15 Seconds	12 Calf raises
Tag or like us in a Social Media Post #BossUp	Drink 3 glasses of water	Follow Us On Social Media @TheHouseOf Darla	Side bend to the right- 3 X	Get 8 hours of sleep
Side bend to the left- 3 X	8 Lunges to the left	FREE	Say 4 Positive Affirmations	Balance on right leg- 10 seconds
Take A Deep Breath in & Exhale 4x	Roll shoulders back- 20 seconds	Run in place-45 seconds	Write 4 Positive Affirmations	8 Lunges to the right
Complete 3000 Steps or More	1 minute march in place	Play Catch	20 Jumping Jacks	Balance on left leg- 10 seconds