

B	I	N	G	O
Show a meal with at least 3 different colors (shades do not count)	Anteversion	Complete everything on your dashboard today	Name 2 foods that are not as high in protein as you think	Helps break down your macros so it's easier to digest
Complete a pyramid of pushups 1-5 and 5-1	Set a PR	Hit all your macros	Complete 10 minutes of cardio	Mobility
Reverse crunches for 90 seconds (all or nothing)	Take a selfie in a gym mirror	FREE	Complete 10 rear pullups	Eat in a deficit prioritize protein lift heavy
Fats	Name 2 ways to get stronger without lifting heavier	Flexibility definition	Drink at least 1/2 gallon of water	High GI
Do at least 10 minutes of stretching	Complete 4k steps	Hydration	Try a new machine in the gym today	Complete a set of lat pulldowns and pullups (10 of each)

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