

That Good Stuff Bingo

drank a gallon of water in a day (1)	100 Burpees	2 workouts in same Day (1)	Workout with a Friend/Family	Loss 5 or more pounds
15 000 steps in a day (1)	Yoga/Pilates/stretch class (2)	SBM 9am Sat. Bc (2)	100 pushups	Weigh In Pay 20 Dollars
Yoga/Pilates/stretch class (1)	drank a gallon of water in a day (2)	That Good Stuff	100 situps	3WEEK weigh IN
Exercise 5 days in wk (2)	Workout with a Friend/Family	Loss 2 or more pounds	2WEEK weigh IN	Outdoor workout run/bike/walk ect.
2 workouts in same Day (2)	1000 Jump Ropes	SBM 9am Sat. BC (1)	exercise 5 days in Wk (1)	15 000 steps in a day (2)

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drank a gallon of water in a day (2)	100 pushups	Workout with a Friend/Family	15 000 steps in a day (1)	SBM 9am Sar. Bc (2)
2 workouts in same Day (1)	exercise 5 days in Wk (1)	Loss 5 or nore pounds	1000 Jump Ropes	Weigh In Pay 20 Dollars
Exercise 5 days in wk (2)	100 situps	That Good Stuff	3WEEK weigh IN	100 Burpees
2WEEK weigh IN	SBM 9am Sat. BC (1)	drank a gallon of water in a day (1)	15 000 steps in a day (2)	Workout with a Friend/Family
Loss 2 or more pounds	Outdoor workout run/bike/walk ect.	Yoga/Pilates/stretch class (1)	Yoga/Pilates/stretch class (2)	2 workouts in same Day (2)

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1000 Jump Ropes	SBM 9am Sat. BC (1)	100 pushups	Outdoor workout run/bike/walk ect.	100 situps
drank a gallon of water in a day (1)	Exercise 5 days in wk (2)	Loss 2 or more pounds	Yoga/Pilates/stretch class (2)	Loss 5 or nore pounds
Yoga/Pilates/stretch class (1)	15 000 steps in a day (2)	That Good Stuff	Workout with a Friend/Family	2WEEK weigh IN
drank a gallon of water in a day (2)	Weigh In Pay 20 Dollars	Workout with a Friend/Family	exercise 5 days in Wk (1)	2 workouts in same Day (1)
3WEEK weigh IN	100 Burpees	SBM 9am Sar. Bc (2)	15 000 steps in a day (1)	2 workouts in same Day (2)