

B	I	N	G	O
Unlock a new skill (pull-up double under etc)	Attended 3 classes this week	Complete 25.1	Take a selfie with a coach	Post 25.1 Score on CrossFit Games App
Challenge a coach to 10 burpees for time	Took 10 extra minutes this week to work toward a goal	Signed up for the OPEN at games.crossfit.com	Bring a non-member to FNL	Take a pic or video and tag @crossfitmomentum on IG
Take time to cool-down/stretch	Wear a Momentum shirt to FNL	FREE	Bring a protein filled snack to eat after the WOD	Give someone a hug
High 5 at least 6 others	Take a selfie with another member	Judge one or more heats at 25.1	Do a good deed for someone today	Signed up & Signed into tonight's THE OPEN on WODIFY classes
Complete the CrossFit Games Judges Course	Bring a snack or beverage to share at FNL	Stayed Hydrated all week (1/2 bodyweight in oz)	Wear your team colors	Challenge a member to 50 air squats for time

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