

B	I	N	G	O
Take a Selfie in your CFB Swag & tag or send to us	2k row for time	Bring a friend to try a CF class	Post a video or boomerang while doing a wod and tag us/send to us	Judge someone at FNL 3/14
Accumulate 500 air squats in a week	Send a written CFB testimonial to Jesse	Lucky Green Costume for 3/14 FNL	30 synchronized burpees with a friend	Post a meme or recipe or shoutout in the CFB FB group
Run/walk 1 mile	Workout 4 days this week	FREE	80's/Neon Costume for 2/28 FNL	Get 7 hours of sleep for 4 days in the week
Hawaiian Costume for 3/7 FNL	Practice a new skill for 15 minutes	Judge someone at FNL 2/28	FREE	Judge someone at FNL 3/7
Complete 100 echo bike cals	Accumulate 3 minutes of handstand or OH hold	No added sugar for a week	Write a review for CFB on Google/FB	Attend a Saturday workout

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