

B	I	N	G	O
Took 10 extra minutes this week to work toward a goal	Ask the MC to play your favorite song before you workout	Complete all 3 open workouts	Take a pic or video and tag @cosmiccrossfit on IG	Judge one or more heats during the CrossFit Open
Challenge a coach to 10 burpees for time	Take time to cool-down/stretch	Register for the open through CrossFit.com	Attended 3 classes this week	Signed up & Signed into tonights FNL
Take a selfie with another member	Unlocked a new skill (pull-up double under etc)	FREE	Bring a non-member to FNL	Give someone a hug
High 5 at least 6 others	Take a selfie with a coach	Hit a PR	Do a good deed for someone today	Post a score in Chalk-It for 26.2
Complete the CrossFit Games Judges Course	Bring a snack or beverage to share at FNL	Show up twinning with someone from the gym	Wear a Cosmic shirt to FNL	Challenge a member to a race on the ski-erg (20 cals)

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