

B	I	N	G	O
With permission from your trainer bring a friend to class	10 000 steps a day for 3 days	Cut out carbonation for 10 days in a row.	Schedule a tempering session with Cory	Make it to the gym at least 3 days ea. week (4 weeks)
Buy one of Ryan's T-shirts	Walk your dog at least 30 min. 10 times this month.	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	100 consecutive Burpees	Viking Row x 2
Write a testimonial and rate BFSF on FB or Google	Atlas stone over yoke (115# women/ 180# men)	FREE	Death Crawl x 10	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)
Turkish getup one on ea. arm (75# men/ 45# women)	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros	Schedule a one on one session with any trainer	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)	Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat
Become a BFSF member or refer a friend who signs up	Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	for his trip to Iceland	Consume 96 oz. of water at least 10 days.

B	I	N	G	O
Write a testimonial and rate BFSF on FB or Google	for his trip to Iceland	100 consecutive Burpees	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros	Buy one of Ryan's T-shirts
Schedule a tempering session with Cory	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)	Cut out carbonation for 10 days in a row.	Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat	Atlas stone over yoke (115# women/ 180# men)
Death Crawl x 10	10 000 steps a day for 3 days	FREE	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)	Schedule a one on one session with any trainer
Consume 96 oz. of water at least 10 days.	With permission from your trainer bring a friend to class	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	Turkish getup one on ea. arm (75# men/ 45# women)	Become a BFSF member or refer a friend who signs up
Make it to the gym at least 3 days ea. week (4 weeks)	Cut out sugar for 10 days in a row	Viking Row x 2	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	Walk your dog at least 30 min. 10 times this month.

B	I	N	G	O
Turkish getup one on ea. arm (75# men/ 45# women)	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)	Write a testimonial and rate BFSF on FB or Google	Consume 96 oz. of water at least 10 days.	Schedule a tempering session with Cory
Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)	Viking Row x 2	for his trip to Iceland	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros	Atlas stone over yoke (115# women/ 180# men)
Schedule a one on one session with any trainer	100 consecutive Burpees	FREE	Death Crawl x 10	Cut out carbonation for 10 days in a row.
Cut out sugar for 10 days in a row	Make it to the gym at least 3 days ea. week (4 weeks)	Become a BFSF member or refer a friend who signs up	10 000 steps a day for 3 days	With permission from your trainer bring a friend to class
Walk your dog at least 30 min. 10 times this month.	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)	Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)