

B	I	N	G	O
Walk your dog at least 30 min. 10 times this month.	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 for his trip to Iceland	Viking Row x 2	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	100 consecutive Burpees	Turkish getup one on ea. arm (75# men/ 45# women)
With permission from your trainer bring a friend to class	Atlas stone over yoke (115# women/ 180# men)5 reps	Death Crawl x 10	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)	Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)
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
Sign up for "Day of the Dead" Highland Games at FitCon or Tactical Strength Challenge	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	Write a testimonial and rate BFSF on FB or Google	Consume 96 oz. of water at least 10 days.	Cut out sugar for 10 days in a row

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