B	I	N	G	O
Tell your class a joke during warmup	Write something you like about yourself in the free space	Come to class 5 times in one week (scores must be logged)	Post a picture to social media of you testing your fitness outside of the gym	Grab a partner and do 30 synchro burpees
Check in on Facebook at CrossFit Glendive	Row 50 cal before or after class	Make a human pyramid and post a picture on social media Run 1 mile outside of class (share your time in our group)	Assault bike 50 cal before or after class	Post a healthy recipe you enjoy to our group page
Post to our public FB page about someone in our gym that inspires you	Write a long term performance goal on the whiteboard	**FREE**	Attend 14 classes by Sept. 20th	Do 2:00 max wall balls
Fist bump or high five everyone at a class after the WOD	Post and tag CFG in a picture of yourself in CFG apparel outside the gym	Food prep all of your meals a week in advance and share a photo to the group page	Complete a WOD with a friend in a matching outfit	Make a 15 song playlist on Spotify or Apple music and share with Coach
Complete 50 unbroken DUs or 100 unbroken SUs	Bring a friend to class (they can try one for FREE)	PR a lift	Write a testimonial for CFG	Come to a different class time than your normal class

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