

B	I	N	G	O
Take a different class time from Sync	Bring a friend to Sync	Food tracker photo	Post workout sweaty pose	Journal entry
Flex with a friend	Sweaty selfie	Non-scale Victory	Complete weekly fitness assessment	Plank photo
Selfie with another Sync member	Water bottle on the go	FREE	Enjoy a sweets alternative for dessert	Healthy lunch
Healthy supper	Proud moment	Holiday Cheer	Healthy holiday party food choices	Meal prep for the week
Healthy breakfast	Family meal time	Outdoor activity photo	Yoga pose	Foam roller work

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Water bottle on the go	Complete weekly fitness assessment	Post workout sweaty pose	Flex with a friend	Non-scale Victory
Food tracker photo	Yoga pose	Journal entry	Family meal time	Plank photo
Healthy supper	Enjoy a sweets alternative for dessert	FREE	Healthy lunch	Bring a friend to Sync
Healthy holiday party food choices	Outdoor activity photo	Take a different class time from Sync	Foam roller work	Proud moment
Holiday Cheer	Meal prep for the week	Selfie with another Sync member	Sweaty selfie	Healthy breakfast

B	I	N	G	O
Family meal time	Outdoor activity photo	Complete weekly fitness assessment	Meal prep for the week	Enjoy a sweets alternative for dessert
Take a different class time from Sync	Healthy supper	Holiday Cheer	Sweaty selfie	Journal entry
Selfie with another Sync member	Foam roller work	FREE	Proud moment	Healthy holiday party food choices
Water bottle on the go	Plank photo	Post workout sweaty pose	Yoga pose	Food tracker photo
Healthy lunch	Bring a friend to Sync	Non-scale Victory	Flex with a friend	Healthy breakfast