

B	I	N	G	O
tried a new recipe	5 days of no cheats on your meal plan	Invite a friend to workout with you	did a double workout	Tried Recover
Drank a gallon of water	shared a workout on instagram stories & tagged your coach	Tried a new Shakeology Recipe	Attended a coaching sneak peek	commented on another challenger's post
shared a personal development takeaway in the group	tried energize	FREE	Did 15 minutes of personal development	Shared a progress pic with the group
Shared a sweaty selfie on social media & tag your coach	shared a meal prep insta story & tagged your coach	Shared your WHY with us	Shared a non-scale victory with the group	Tried a new FIXATE recipe
Referred a friend	Drank Shakeology 7 days straight	Tried a new veggie	upped your weight/reps	Got 8 hours of sleep

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