Weekend Warrior Bingo

Tag a friend to challenge them	1 Gallon of H20 (each day)	Do a workout with a buddy	Read 10 Pages of Personal Development	No Alcohol
5 Min Meditation	Sweaty Selfie	Order Challenge Pack for Next Challenge (8/31)	10 burpees	Random act of kindness
Share your journey on social	Take Progress or Before pic	**FREE**	10 pushups	Encourage Someone
I want to learn about coaching	Share a Recipe (tag @MandaHowland)	MBF Sample Workout	Drink 1/2 your body weight in oz of water (each day)	No Alcohol (each day)
Do an outdoor workout	3 Servings of Veggies (each day)	Pay it Forward	Try a New Healthy Recipe	Create a free BOD account

Custom Bingo Card #1 of 3

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Weekend Warrior Bingo

Take Progress or Before pic	10 burpees	Read 10 Pages of Personal Development	5 Min Meditation	Order Challenge Pack for Next Challenge (8/31)
Do a workout with a buddy	Try a New Healthy Recipe	No Alcohol	3 Servings of Veggies (each day)	Random act of kindness
I want to learn about coaching	10 pushups	**FREE**	Encourage Someone	1 Gallon of H20 (each day)
Drink 1/2 your body weight in oz of water (each day)	Pay it Forward	Tag a friend to challenge them	Create a free BOD account	Share a Recipe (tag @MandaHowland)
MBF Sample Workout	No Alcohol (each day)	Share your journey on social	Sweaty Selfie	Do an outdoor workout

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Weekend Warrior Bingo

3 Servings of Veggies (each day)	Pay it Forward	10 burpees	No Alcohol (each day)	10 pushups
Tag a friend to challenge them	I want to learn about coaching	MBF Sample Workout	Sweaty Selfie	No Alcohol
Share your journey on social	Create a free BOD account	**FREE**	Share a Recipe (tag @MandaHowland)	Drink 1/2 your body weight in oz of water (each day)
Take Progress or Before pic	Random act of kindness	Read 10 Pages of Personal Development	Try a New Healthy Recipe	Do a workout with a buddy
Encourage Someone	1 Gallon of H20 (each day)	Order Challenge Pack for Next Challenge (8/31)	5 Min Meditation	Do an outdoor workout

Custom Bingo Card #3 of 3

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