

# Weekend Warrior Bingo

|                                 |                                    |                                                |                                                      |                           |
|---------------------------------|------------------------------------|------------------------------------------------|------------------------------------------------------|---------------------------|
| Tag 3 friends to challenge them | 1 Gallon of H2O (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        | <b>FREE</b>                                    | 10 pushups                                           | Encourage Someone         |
| I want to learn about coaching  | Share a Recipe (tag @MandaHowland) | <b>MBF Sample Workout</b>                      | 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 |

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