

B	I	N	G	O
Tried a different fruit recipe	20 min outdoor walk	Drank a gallon of water	Shared a struggle with someone	Referred a friend
Attended a group fitness class	Tried a Yoga Class	Shared a non-scale victory with someone	5 workouts in a week	Shared a picture on social media or with someone of your workout
Shared your WHY about your health and fitness with someone	Tried a new Workout	FREE	A Nature Hike	Got 8 hours of sleep
Invite a friend to workout with you	Shared a workout with a friend/family member	Positive feedback to another challenger's post or comments	Exercise with a group	Shared a healthy recipe with someone
Drank a nutrient dense smoothie	A double workout day	Shared a personal development insight	Tried a new veggie recipe	Did 15 minutes of personal development

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