



Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 25 events:

10 000 steps a day for 3 days, 100 consecutive Burpees, Atlas stone over yoke (115# women/ 180# men)5 reps, Become a BFSF member or refer a friend who signs up, Buy one of Ryan's t-shirts for his trip to Iceland, Climb Peg Board- at least 2 holes each arm (without feet touching the floor), Consume 96 oz. of water at least 10 days., Cut out carbonation for 10 days in a row., Cut out enriched flour for 10 days (bread baked goods flour tortillas etc), Cut out sugar for 10 days in a row, Death Crawl x 10, Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men), Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros, Make it to the gym at least 3 days ea. week (4 weeks), Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat, PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more., Schedule a one on one session with any trainer, Schedule a tempering session with Cory, Sign up for "Day of the Dead" Highland Games at FitCon or Tactical Strength Challenge, Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks), Turkish getup one on ea. arm (75# men/ 45# women), Viking Row x 2, Walk your dog at least 30 min. 10 times this month.,

With permission from your trainer bring a friend to class, Write a testimonial and rate BFSF on FB or Google.



Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	With permission from your trainer bring a friend to class	Become a BFSF member or refer a friend who signs up	Make it to the gym at least 3 days ea. week (4 weeks)	Walk your dog at least 30 min. 10 times this month.
Cut out carbonation for 10 days in a row.	Atlas stone over yoke (115# women/ 180# men)5 reps	10 000 steps a day for 3 days	Schedule a one on one session with any trainer	Schedule a tempering session with Cory
100 consecutive Burpees	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)
Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)	Viking Row x 2	Consume 96 oz. of water at least 10 days.	Death Crawl x 10	Turkish getup one on ea. arm (75# men/ 45# women)
Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat	Sign up for "Day of the Dead" Highland Games at FitCon or Tactical Strength Challenge	Cut out sugar for 10 days in a row	Buy one of Ryan's t-shirts for his trip to Iceland	Write a testimonial and rate BFSF on FB or Google

B	I	N	G	O
Schedule a tempering session with Cory	100 consecutive Burpees	Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat	Death Crawl x 10	Turkish getup one on ea. arm (75# men/ 45# women)
Write a testimonial and rate BFSF on FB or Google	10 000 steps a day for 3 days	Make it to the gym at least 3 days ea. week (4 weeks)	Become a BFSF member or refer a friend who signs up	Buy one of Ryan's t-shirts for his trip to Iceland
Consume 96 oz. of water at least 10 days.	Walk your dog at least 30 min. 10 times this month.	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	With permission from your trainer bring a friend to class	Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)
Schedule a one on one session with any trainer	Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros	Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)
Cut out carbonation for 10 days in a row.	Atlas stone over yoke (115# women/ 180# men)5 reps	Sign up for "Day of the Dead" Highland Games at FitCon or Tactical Strength Challenge	Cut out sugar for 10 days in a row	Viking Row x 2

This bingo card was created randomly from a total of 25 events.

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Climb Peg Board- at least 2 holes each arm (without feet touching the floor)	Cut out carbonation for 10 days in a row.	Turkish getup one on ea. arm (75# men/ 45# women)	Make it to the gym at least 3 days ea. week (4 weeks)	Cut out sugar for 10 days in a row
Schedule a one on one session with any trainer	Viking Row x 2	PR one of your lifts (women by 10 lbs./ men by 20 pounds)or more.	Meal prep at least 3 healthy meals in advance consisting of lean protein vegetables grain and healthy fat	Buy one of Ryan's t-shirts for his trip to Iceland
Eat sufficient protein 10 days in a row. (100 g. women/ 150 g men)	Sign up for "Day of the Dead" Highland Games at FitCon or Tactical Strength Challenge	Schedule a tempering session with Cory	10 000 steps a day for 3 days	100 consecutive Burpees
Walk your dog at least 30 min. 10 times this month.	Consume 96 oz. of water at least 10 days.	Cut out enriched flour for 10 days (bread baked goods flour tortillas etc)	With permission from your trainer bring a friend to class	Death Crawl x 10
Tag @Black Flag Strength and Fitness and your trainer at least once per week (for 4 weeks)	Atlas stone over yoke (115# women/ 180# men)5 reps	Become a BFSF member or refer a friend who signs up	Write a testimonial and rate BFSF on FB or Google	Log at least 7 days of Meals into My Fitness Pal or Stupid Simple Macros

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