



# 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:



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