



Acquire as many Bingos as you can between **Nov 1 - 30, 2017** by having a Coach verify each square. We will keep your card so you don't need to keep track of it, just make sure you write your name on your card or you'll be checking off boxes for someone else. Prizes will be awarded for:

- a fully blacked out Bingo card
- 3 or more Bingos
- 2 Bingos
- 1 Bingo

*Cards will be checked at end of day on Nov 30 and you will be entered in for the prize determined by how many Bingos you get!

Name: _____

B	I	N	G	O
Post a selfie of you drinking out of your TSCF mug on social media	Take an after WOD picture and tag us on social media	Write your TSCF story and submit to Tammy	Review us on Google, Facebook, or Yelp	Partner WOD with someone with whom you've never partnered
Come to class 4 days in a row & check-in for every class	Bring a friend to a Saturday Class	Officially sign up for the Three Wise Men Veteran's Day Tribute Workout	Attend 15 Classes in November	Give a Fist Bump to someone on Beyond The Whiteboard
Bring your Coach a Paleo treat or snack	Do 10 unbroken Double Unders or 50 unbroken Singles	Run the Huffing for Stuffing 5/10K	RSVP for all the classes you'll attend in a week	Do a big Sunday meal prep cookup and post a picture to our secret Facebook group
Attend a 6:00 am Class	Post an outdoor recreation selfie in our secret Facebook group	PR a lift or Workout	Attend a 5:30 pm or 6:00 pm Class	Go to Ladies' Night Nov 18, or do something with a gym dude
Wear TSCF gear to class	Donate to our Food Drive	Post a sweat angel selfie in our secret Facebook group	Tag us on Social Media wearing TSCF gear outside of class time	Complete 50 Synchronized burpees with a classmate