

Name: _____

#STAYHOME BINGO



Acquire as many Bingos as you can between **April 13-30**. Take photos or videos and share them with your Quaranteam. Share as much as you can on social media (SM). Let's have some fun!

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 April 30, or when we return to the gym. You will be entered in for the prize determined by how many Bingos you get!

B	I	N	G	O
Give a fist bump to someone on Beyond the Whiteboard	Take an after WOD picture and tag us on social media or text it to your Coach	Drink 1/3-1/2 your bodyweight in ounces of water	Get out of bed when your alarm goes off for 3 days in a row. Don't hit Snooze	Complete 50 synchronized virtual burpees with a gym buddy
Review us on Google, Facebook, or Yelp (if you've done one - do the others)	Do a workout with a family member and send a photo to your Coach or share on SM	Sit quietly or meditate for 10 mins. Feel free to use a guided meditation	Do ROMWOD	Do a workout in a costume and share the photo
Have a virtual coffee date with someone from the gym	Name your home gym and share it with your Quaranteam	Do a virtual check-in with Coach Leslie	Buy a gift card for lunch for a gym buddy	Do a workout outside your home
Do a workout inside your home	Share a recipe on our TSCF Community Group	Handwrite and snail mail a note to someone (Coach, gym buddy, distant family member)	On a Sunday text or email your Coach all the days you plan to workout that week	Make your bed every day for a week
Take 15 mins to eat your dinner	Post an outdoor recreation selfie in our secret Facebook group (Even if it's your backyard☺)	Share your favorite #takeouttuesday place with your Quaranteam	Share a photo of you (and your family) doing a puzzle or playing a game	Do a big Sunday meal prep cook-up and post a picture to our secret Facebook group