



JUNE BINGO CHALLENGE

How To Play

1. Complete the activity in a square and then mark it off.
2. Complete 5 squares in a row (in any directions) and get a bingo
3. Complete a the entire board for a blackout

Bike 60 minutes	30minutes of running stairs or bleachers	Yoga workout	Run or walk with a friend	10,000 steps in a day
24 hours of fasting	Fit Collective Live Class (gym or zoom)	Track your nutrition 3 days in a row	Fit Collective Live Class (gym or zoom)	Hill repeats for 30minutes
Run or walk 3 miles	20,000 steps in a day	100 Burpees	1 mile run or walk as fast as you can	Run or walk 5 miles
1,000 jump rope	Complete 5 workouts in a week	15,000 steps in a day	Online Home Workout	Foam roll or stretching session
Cook a new healthy recipe	100 push-ups	Plank 15 minutes in a day	Hike or Trail Run 60 minutes	Drink ½ your body weight in water

Rules

1. An activity can only count for a single square. You cannot run 5 miles and then also count that same workout as a 3 mile run
2. You can complete multiple squares in a day as long as they are performed as separate activities. You could complete 15 minutes of planking and a 3 mile run in the same day.

Questions? Just ask your trainer!