

Name: _____ Email: _____

Entity: _____

WICKED WORKOUT BINGO CHALLENGE OCTOBER 2020

<p>GO ON A WALK WITH A FRIEND/CALL A FRIEND DURING YOUR WALK</p> 	<p>DUMBBELL WORKOUT/AT HOME WORKOUT</p> 	<p>MEMBER'S CHOICE OF A WORKOUT (ATLEAST 30 MINUTES)</p> 	<p>ATTEND GROUP EXERCISE CLASS</p> 	<p>"DOUBLE DIP" GET TWO WORKOUTS IN TODAY</p> 
<p>ASK AN EMPLOYEE/FRIEND FOR AN EXERCISE TO ADD TO YOUR WORKOUT</p> 	<p>WALK/RUN ONE MILE OUTSIDE</p> 	<p>WRITE DOWN ONE GOAL AND STICK WITH IT FOR ONE WEEK</p> 	<p>ATTEND 2 EXERCISE CLASSES IN ONE WEEK</p> 	<p>ATTEND 5 TOTAL GROUP EXERCISE CLASSES</p> 
<p>WORKOUT 3 DAYS IN A ROW</p> 	<p>PERFORM 20 MINUTES OF CARDIO IN A WORKOUT</p> 	<p>FREE SPACE</p> 	<p>TRY A NEW PIECE OF EQUIPMENT/TRY A NEW WORKOUT VIDEO</p> 	<p>MEMBER'S CHOICE OF A WORKOUT (ATLEAST 30 MINUTES)</p> 
<p>ATTEND 10 TOTAL GROUP EXERCISE CLASSES</p> 	<p>INCLUDE SELF CARE TODAY (EX: MEDITATION, LISTEN TO MUSIC)</p> 	<p>TRY A MEDITATION CLASS/VIDEO</p> 	<p>UPPER BODY WORKOUT</p> 	<p>PREPARE A HEALTHY MEAL</p> 
<p>LOWER BODY WORKOUT</p> 	<p>ADD A ONE MINUTE PLANK TO YOUR WORKOUT</p> 	<p>FOAM ROLL/STRETCH AFTER A WORKOUT</p> 	<p>CORE WORKOUT</p> 	<p>ENCORPERATE YOGA (CLASS, VIDEO, FREESTYLE)</p> 

*Group exercise classes can be attended in person or virtually over zoom