



## BLC33 WK7 FEEDBACK NOT FAILURE BINGO



B	I	N	G	O
Drink some water each day	15 minutes of time dedicated to YOU	TRACK every bite for at least one day	20 additional minutes of CARDIO	Think back on a past choice that didn't work, what would you change
Post one NSV from this round in chat thread	Spin the Spark WHEEL	Repeat 5 times "It's feedback not failure"	CLEAN or ORGANIZE an area for 15 minutes	Turn up a feel good song and sing along
Eat at least one Veggie per day	Get a good night sleep	FREE 	Eat a healthy Breakfast	POST in your team chat thread
Plan your meals for a day	Try one new Fruit or Veggie	Do any kind of cardio for 10 minutes	15 minutes MORE me time	LOWER BODY strength training
Eat <b>Slowly</b> pausing between bites	Think ahead Plan your Meals for the next Week	UPPER BODY strength training	Spring Clean your wardrobe by tossing or donating one outfit (item)	Believe in YOU - repeat out loud "I believe in me" three times

\* Blacking out your card is a BONUS it is not required nor expected, please work at your level.

\* If you want to take all the exercise squares in one day please plan accordingly to avoid over working muscle groups.

\* You may combine squares. For example if you eat 2 veggies in a new recipes you can take both squares.

**Directions: 1) Print out 1 copy of the BINGO card. Use ONE card for the WHOLE challenge.**

**Scoring:**

5 pts per square covered (Up to 25 squares = 125 possible points), don't forget the FREE square!

**Bonus points**

10 extra points for each Bingo 5 in a row across, down, or diagonal.

50 extra points for BLACKOUT CARD, every square covered

**TRACKING:**

Total: \_\_\_\_\_/295

Turn in your well earned points according to YOUR TEAM'S guidelines by Wednesday, Mar 1st

**I NEVER  
LOSE.  
EITHER I WIN  
OR I LEARN.**