



Committing to the Journey BINGO

B	I	N	G	O
Drink some WATER each day	15 minutes of time dedicated to YOU	Track every bite for at least 2 days	20 minutes of CARDIO	Identify a task you don't want to do & DO IT ANYWAY
Tell yourself "I will reach my goal, no matter what!" 5 times	Spin the Spark WHEEL	Read the BLC WEEK 13 Theme	CLEAN or ORGANIZE an area	Tell yourself "I will do this" every morning
Eat some Veggies at least once a day for the next four days	Create a mantra or phrase that you say every day to remind yourself of your commitment.	FREE 	Eat Breakfast at least once between Fri - Mon	POST in your Team chat thread
Post a short term goal in Your Team chat Thread	Eat some Fruit at least once a day for next four days	Walk, jog, run or some sort of Cardio for at least 20 mins	Encourage a teammate with a GOODIE	UPPER BODY strength exercise
Stay in your CALORIE RANGE 1 day	Post a quote in your Team about Commitment	LOWER BODY strength exercise	Post or Blog why you are committed to YOUR journey to being Healthy	Plan your Next Week for Weight loss Success

* 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 recipe 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 Points: _____/295

Turn in your well earned points according to YOUR TEAM'S guidelines by Wednesday, Apr 12th