



BLC33 WK 12 - THE WAITING GAME BINGO



B	I	N	G	O
Drink some water each day	15 minutes of time dedicated to YOU	TRACK every bite	20 additional minutes of CARDIO	Post Your Favorite Willpower tip in your team's chat thread
Post one NSV from this round in chat thread	Spin the Spark WHEEL	Repeat 5 times "I deserve healthy food and a healthy body."	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 15 minutes	Post or Blog about your progress in this round	LOWER BODY strength training
Eat Slowly pausing between bites	Find a mantra for those moments of willpower weakness	UPPER BODY strength training	Use your willpower mantra	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, Apr 5th

