




## WEC - BINGO CARD

January 19 - 22

B	I	N	G	O
PLAN your menus for one week	Spend 15 minutes of time dedicated to YOU	Stay in your Protein range 2 days	20 minutes of CARDIO	Post a health, fitness or nutrition tip in your Chat Thread
Post one NSV (Non-Scale Victory) in chat thread	Post one NUTRITION goal for the WEC	X this square if you achieved your goal at least 3 days	CLEAN or ORGANIZE an area for 15 minutes	Stay in your Carb range 2 days
ST - do 2 sets of 12-15 reps of any 3 CORE exercises	Get at least TWO great nights of sleep or rest (at least 6 hours)		Give a Sparks Goodie or comment on a SparksPage	Try a new recipe or a new food (Maybe seafood?)
CLEAN or ORGANIZE an area for 15 minutes	Eat 12 Freggies during the weekend	Walk, jog or run for at least 20 mins	STOP, BREATHE, THINK Review your goals	ST - do 2 sets of 12-15 reps of any 3 UPPER body exercises
Stay in your CALORIE RANGE 3 days	Post a Positive Quote in your Chat Thread	ST - do 2 sets of 12-15 reps of any 3 LOWER body exercises	Take a Sparks NUTRITION Quiz	Stay hydrated by drinking at least 24 glasses of water during the 4 days

\* 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