




BLC 36 Week 8 Weekend Challenge

March 2 - March 5

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 NUTRITION goal all 4 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 Spark Goodie or comment on a SparkPage	Try a new recipe or a new food
Spin the Spark WHEEL	Eat a Rainbow of Fruits and Veggies	Walk, jog or run for at least 20 mins	PLAN on trying a new fitness activity (ie: video, exercise, ST rep, etc) JUST DO IT	ST - do 2 sets of 12-15 reps of any 5 UPPER body exercises
Stay in your CALORIE RANGE 3 days	Post a Motivational 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 over 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