



Week 7 WEC - July 21 - 24

B	I	N	G	O
Drink 6-8 cups of WATER at least 2 days of the WEC	Spend 15 minutes of ME TIME	RECORD every BLT - (bite, lick, taste)	Do at least 20 minutes of Cardio	Identify a task you don't want to do & DO IT ANYWAY
Do 10 Lower Body ST Exercises	Ask a question on the team chat thread	Blog or Post in Chat about your Nutrition Tracker & how you use it	CLEAN or ORGANIZE an area for 15 minutes	Post a GOYBAD & dance
Eat 3 or more VEGGIE Servings	At least 6-8 hours of SLEEP at least 2 of the 4 WEC nights		Give a GOODIE to any Spark Friend	Plan your fitness for next week and blog or post it on the chat thread
Stay in your calorie/point Range 1 day	LAUGH - post a funny story, picture or joke in the chat thread	Eat 5 FREGGIES one day	RECORD every BLT - (bite, lick, taste).	Do 10 Upper Body ST Exercises
Eat a HEALTHY Breakfast - post on your thread what you ate	Post a picture or description of your perfect camping site/place	Plan your major meals for next week	Eat 3 or more FRUIT Servings	Do at least 20 minutes of Cardio

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

* It is okay to combine squares if applicable.

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

Please post final points in the Tracking Thread no later than Wednesday midnight your time!