



### BINGO for the 6 Week Challenge!

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Get to '25 events' on the Attendance tracking board!	Schedule all your planned workouts into your calendar whether on your phone or on paper and treat them like an important Dr's appointment	Write out your 6 week Challenge goals/intentions and put them up in the studio and somewhere visible at home	Make your Facebook profile picture a picture of you at Ironside Fitness!	Clean out one (or more!) of your cupboards of processed foods and old expired spices and junk that don't align with your goals.
Try a new healthy recipe	Do a workout with at least 3 other people from your team, post pic to FB	In Week 3, 4, or 5, Bring a Friend to 3 workouts in a week!	Have a glass of water and write 3 things you're grateful in the morning at least 1x a week (ideally every day!)	Eat at least 6 servings of veggies a day (greens powder counts as 4!)
Tried SunWarrior protein powder post workout	Drink at least 10 cups of fresh water per day	Get to '40 events' on the Attendance tracking board!	Get 7 hours of sleep every night or a cumulative of 50 hours of sleep per week	Limit alcohol at a social event to one or fewer drinks
Get in a walk in nature at least once during the Challenge	Try a new vegetable	Make one healthy swap a week. Like spaghetti squash for spaghetti noodles	Try a different healthy breakfast you have never had before and post a photo to facebook	Do push-ups or burpees during every commercial of your favorite show
Shared a Weekly WIN in the Challenge Facebook group	Eat one meal 100% distraction free	Perform a Random Act of Fitness and post a picture in Facebook	Submit a testimonial by email to <a href="mailto:training@ironsidefitness.com">training@ironsidefitness.com</a> about what has changed in your life since joining the Challenge	Write a 5-Star Facebook and 5-Star Google review based on your Ironside experience!

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