

S.W.E.A.T.
camp

 **2021**
HOLIDAY BINGO



PAY IT FORWARD TO SOMEONE TODAY WITH A RANDOM ACT OF KINDNESS	DO 20 BURPEES A DAY FOR 7 DAYS	POST A SWEATY SELFIE & TAG SC	NOMINATE SOMEONE FOR SC MEMBER OF THE MONTH	CHECK INTO SC ON FACEBOOK (ONLY 1 PER DAY)
STRETCH & WORK ON FLEXIBILITY EACH DAY FOR 1 WEEK	BRING A 1ST TIME FRIEND TO CLASS WITH YOU	POST A PIC OF YOU AND YOUR FAVORITE SC TRAINER ON SOCIAL	LEAVE A NEW GOOGLE REVIEW	TAKE Xtreme HIPHOP STEP or CYCLE FUNK CLASS
WRITE OUT 3 FITNESS GOALS FOR THE NEXT 30 DAYS	10 SQUATS 10 GLUTE BRIDGES 10 PUSH UPS 10 SIT UPS 5 ROUNDS	TAKE A CLASS 3 X'S A WEEK FOR 2 WEEKS	TRY A NEW CLASS AT SWEAT CAMP	TAKE A SATURDAY MORNING CLASS
CHECK INTO SC ON FACEBOOK (ONLY 1 PER DAY)	PUT A S.W.E.A.T. CAMP DECAL OR MAGNET ON YOUR CAR	WALK OR RUN FOR 15 MIN 3X'S A WEEK	SCHEDULE A BODY MEASUREMENT APPT. WITH A TRAINER	MAKE A NEW HEALTHY RECIPE (PIC FOR CREDIT)
JUNK FOOD FREE EVENING!	SHOUT OUT A SC MEMBER THAT INSPIRES YOU!	LEAVE A CURRENT REVIEW ON OUR FB BIZ PAGE	CHECK INTO SC ON FACEBOOK (ONLY 1 PER DAY)	DRINK HALF YOUR BODY WT. IN OZ FOR ONE WEEK

S.W.E.A.T.
camp



2021

HOLIDAY BINGO



<p>DATE: _____</p> <p>WHAT DID U DO?</p>	<p>CHECK OFF: MON TUES WED THURS FRI SAT SUN</p>	<p>DATE: _____</p>	<p>DATE: _____</p>	<p>DATE: _____</p>
<p>CHECK OFF: MON TUES WED THURS FRI SAT SUN</p>	<p>FRIEND'S NAME: _____</p> <p>DATE: _____</p>	<p>DATE: _____</p>	<p>DATE: _____</p>	<p>CLASS NAME: _____</p> <p>DATE: _____</p>
<p>DATE: _____</p>	<p>DATE: _____</p>	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>CLASS NAME: _____</p> <p>DATE: _____</p>	<p>DATE: _____</p>
<p>DATE: _____</p>	<p>DATE: _____</p>	<p>WALK OR RUN? (circle one) DATES:</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>DATE: _____</p>	<p>RECIPE NAME: _____</p> <p>DATE: _____</p>
<p>DATE: _____</p>	<p>DATE: _____</p>	<p>DATE: _____</p>	<p>DATE: _____</p>	<p>CHECK OFF: MON TUES WED THURS FRI SAT SUN</p>