

Bill & Staci's BINGO - QUARANTINE 2020

aka B.S. BINGO

Earn one prize drawing ticket for each square plus an additional two tickets for each Bingo

* REPORT = POSTING & TAGGING ON FACEBOOK, INSTAGRAM OR TELLING THE ONLINE CLASS

BINGE WATCH NETFLIX, ALL OF IT. EVERYTHING!	PERFORM A RANDOM ACT OF KINDNESS AT A DISTANCE OF 6 FEET & REPORT	PERFORM 500 SYNCHRONIZED BURPEES WITH A QUARANTINED FAMILY MEMBER	DRINK WATER (OUNCES) >50% OF BODYWEIGHT FOR 30 STRAIGHT DAYS	MAKE A 95+ SONG PLAYLIST & SHARE ON SPOTIFY
SLEEP A FULL 9 HOURS PER DAY FOR ONE FULL WEEK	BEAR CRAWL AND/OR CRAB WALK FOR ONE MILE, MIX IT ANY WAY	JUMP ROPE, SINGLES OR DOUBLES, MAX REPS IN THREE HOURS	FOOD PREP ALL OF YOUR MEALS FOR THE MONTH IN ADVANCE	CLIMB THE HIGHEST TREE IN YOUR NEIGHBORHOOD, REPORT HEIGHT YOU REACHED
MAKE & POST A VIDEO SAYING THE NAME OF YOUR GYM CRUSH	15K RUN, ROW OR RUCK WITH QUARANTINED FRIEND, AND REPORT *	“ TP “ ANOTHER CF CLEVELANDER'S HOUSE AND REPORT * (YES, TOILET PAPER)	PERFORM 100 FORWARD ROLLS / SOMERSAULTS, FOR TIME	YELL DING DING DING (THE PR BELL) WHEN YOU HIT A PR, AND REPORT *
50 MILES+ BIKE, ALL BY YOURSELF, AND REPORT *	WEAR TWO DIFFERENT SHOES IN PUBLIC, COUNT THE NUMBER OF PEOPLE WHO NOTICE	COMPLETE A THREE MINUTE WEIGHTED PLANK HOLD, AT YOUR BODYWEIGHT	CLIMB THE FORT HILL STAIRS 15 TIMES IN A ROW, AND REPORT *	WRITE A REVIEW ON CROSSFIT CLEVELAND'S FACEBOOK FAN PAGE
WRITE A REVIEW FOR CROSSFIT CLEVELAND ON GYM-TINDER	POST AND TAG A PICTURE WEARING CFC SWAG OUTSIDE THE GYM	POST THE EARLIEST TIME YOU STARTED DRINKING DURING THE CURRENT WEEK	ATTEND AT LEAST 4 ONLINE VIRTUAL CLASSES IN ONE WEEK, AND REPORT *	SHARE A FAVORITE RECIPE ON THE FACEBOOK MEMBER PAGE

CROSSFIT

CLEVELAND

WILD CARD - GOOD ANYWHERE

WHENEVER IT GOES BELOW FREEZING,
PUT YOUR TONGUE ON A FLAGPOLE

LET US KNOW IF IT STICKS, AND
INCLUDE VIDEO

NAME: _____

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