

# QUARANTINE BINGO - 2020

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 CLASS USING THE HASHTAG **#CFtogetherStrong**

ATTEND THREE ONLINE VIRTUAL CLASSES IN ONE WEEK AND REPORT	PERFORM A RANDOM ACT OF KINDNESS AND REPORT *	PERFORM 100 SYNCHRONIZED BURPEES WITH A QUARTINED BUDDY AND REPORT	DRINK WATER (OUNCES) >50% OF BODYWEIGHT FOR 7 STRAIGHT DAYS	POST A PICTURE OF A NEWLY ORGANIZED AREA OF YOUR HOUSE
SLEEP 7-9 HOURS PER DAY FOR ONE FULL WEEK	SHARE A FAVORITE RECIPE ON THE FACEBOOK MEMBER PAGE	JOIN US FOR A CF CLEVELAND VIRTUAL RUCK	FOOD PREP ALL OF YOUR MEALS FOR THE WEEK IN ADVANCE	SHARE FIVE THINGS YOU'RE GRATEFUL FOR IN OUR FB MEMBER GROUP
POST VIDEO OF YOU JUGGLING THREE ROLLS OF TOILET PAPER	5K RUN, ROW OR RUCK WITH OR WITHOUT SOMEONE ELSE	SHARE THREE CF CLEVELAND'S POSTS OR EVENTS ON SOCIAL MEDIA <b>#CFtogetherStrong</b>	WRITE A REVIEW FOR CROSSFIT CLEVELAND ON YELP	RECORD A TESTIMONIAL OR INTERVIEW WITH BILL ON A ZOOM CALL
CHECK IN THREE TIMES IN ONE WEEK WITH PICS ON IG OR	READ AT LEAST 10 MINUTES PER DAY FOR FIVE DAYS IN A ROW	COMPLETE A 3 MINUTE WEIGHTED PLANK HOLD	CLIMB THE FORT HILL STAIRS 5 TIMES IN A ROW, AND REPORT *	ATTEND A CF CLEVELAND ONLINE VIRTUAL SPECIALTY CLINIC
SHOP AT OR RECOMMEND A FAMILY OWNED BUSINESS AND REPORT	PERFORM 100 REPS OF SOMETHING YOU HATE, AND REPORT	WRITE A HANDWRITTEN NOTE AND MAIL TO ANOTHER MEMBER	SOCIALIZE ONLINE WITH AT LEAST 3 OTHER CROSSFIT CLEVELANDERS AND REPORT *	POST AND TAG A PICTURE WEARING CFC SWAG OUTSIDE THE GYM

# CROSSFIT CLEVELAND

## WILD CARD - GOOD ANYWHERE

SCHEDULE A FREE COACHING / ACCOUNTABILITY CALL , DETAILS AT [CROSSFITCLEVELAND.COM/COACHING](http://CROSSFITCLEVELAND.COM/COACHING)

NAME: \_\_\_\_\_

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