

Summer

BINGO CHALLENGE

Name _____

Share a pic of your family or pets joining you for a workout

Share one positive thing from this quarantine as it relates to you

Share your favorite healthy recipe

Share something that made you smile today

Take a picture of your best bodyweight squat and share it

Go on a hike/walk wearing your Core shirt and post a pic

Attend a Saturday strength session

Confirm you joined our private Facebook page

Take a pic of your week's meal prep, tag us, and post on social media

Bring a friend that has never been

Order a healthy meal while eating out, tag us, and post a pic

Post a review of us on Facebook, Yelp or Google

Free Space

Share a great new fitness product or food that has made a positive difference for you

Post a motivational quote that has been an inspiration to you on your journey

Suggest a new workout song for our playlist and post to social media

Share a pic of your family or pets joining you for a workout

Share your favorite healthy recipe. Post on the VIP page

Challenge your friends to a push up challenge and post it

Order a healthy meal while eating out and post & tag us on social media

Share something that made you smile today

Share how you're staying accountable during quarantine

Share a big goal you have accomplished within the last month on the FB Core Crew group

Flex-Fit-Friday! Show your best flex (keep it clean :)

Tag a friend and keep them accountable for the day

DUE: June 30th

CORE
STRENGTH & PERFORMANCE



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