

# VASHON STRONG HOLIDAY BINGO

**You know how this works!** Complete a row, column, or corner-to-corner, and enter in the Holiday Bingo Draw.

You can have two entries - so keep filling in those squares! **Black out the whole grid for an extra prize!**

Perform 100 lunges dirty count!	Do meal prep, take a picture of your food and tag the gym or show a coach!	Complete 50 pushups in one day	Make a Spotify workout playlist and share at the gym	Do 100 situps before leaving the gym after a workout
Send a written testimonial about the gym or coaches to Coach Lisa	Complete 100 calories on the assault bike	Twinsies! Coordinate workout gear with a buddy	Use the Ski-erg for a workout	Tag the gym in a workout related photo of you on your social media
Run a mile before or after class	Yell "I love burpees" during a workout		Do a ROMWOD after workout	Do 50 Double-unders or 200 single unders
Come up with a VashonStrong T-Shirt design	Go to Coach Raquel's Clase en Espanol at 7:30pm and do a workout	Fill in a few 2022 goals and hang them on the tree	Share 100 wallballs with a friend	No sugar for seven consecutive days
Give your coach 10 burpees	Mobilize for 10 minutes before class	PR a lift	Make a human pyramid with five other gym members - with pictures!	Row 2000 m

Name:

Email: