

CFCH Quarantine Bingo

Workout 4 days in a week	Take a selfie wearing your CFCH swag & tag us	Eat no processed foods for 7 separate days	Perform 100 push-ups every day for 3 days	Run a 5k with a tracking app and share/tag us
Accumulate 1000 sit-ups in April	Eat veggies at 3 meals/day twice in one week	Go for a solo hike	Complete a MovementVault/ReadyState/ROMWOD or GoWOD mobility video	Share a favorite healthy recipe and tag us
Read a book	Listen to a nutrition podcast and post what you learned	Join a Zoom WOD	Leave a great Google/Yelp/FB review for CFCH :)	Perform 100 burpees and tag us
Eat 800g of veggies in a day for 3 separate days	Post a creative family workout video/boomerang and tag us	Drink 100oz water in a day on 3 separate days	10 min of stretching everyday for a week	Accumulate 2000 air squats in April
Accumulate 10 miles of running/walking/hiking	No added sugars for a week	Drink only water for 24 hours	Get 7+ hours of sleep in a night on 7 separate days	Make a post about 3 things you want to improve upon this month & tag us