

JANUARY BINGO CHALLENGE

Drink 3L of water in a day	30 minutes of cardio	Send a thank you note	Meat free day	Listen to a podcast	Try a new activity	Grab a drink at Atlas
Create a list of short term goals	Try a boot camp workout	Eat without distractions	Read a book	No added sugar for one day	Do a yoga workout	Walk 10,000 steps in one day
Take a hike	Perform a random act of kindness	Bake with family	Workout with a friend	Do a weight training workout	Create something	Try a new recipe
Meet a new neighbor	Attend a Ranch Life event	Declutter a space	Free Square	No soda or coffee for a week	Take a walk	Complete 21 workouts
Stay off Social Media for 24 hours	Try a new hobby	Complete a crossword puzzle or sudoku	Grab a drink at Living the Dream	Visit a State Park	Learn a new skill	Help a neighbor
Keep a journal for the month	Listen to an audiobook	Complete a morning workout	Meditate four times	Do 10 push ups every day	Treat yourself	Attend a local event
Do 30 minutes of cycling	Do 50 burpees	Dance	Donate to a good cause	Build a snowman	Do 50 lunges	Have a family movie night

Complete as many activities as you can from January 1 – 30. Mark each one with the date completed. Each “Bingo” gives you one entry towards winning one of five prizes. (Seven in a row horizontally, diagonally, or vertically. Black out equals 5 entries) The card must be emailed to Kelsey at kstiltner@sterlingranchcab.com by the end of day February 2.