

Minty 2021

Wellness Bingo

Set Your Own Goal Details:	Fill out the 2 minute Minty 2021 Survey Here	Like us on FB or Follow us on IG	Eat a healthy breakfast or lunch at least twice in a week	Invite a friend to a class
Leave us a review on Google	Drink at least 1.5L of water in a day for 14 days	Take Anna's Class	Weekend Warrior Take one weekend class	Set Your Own Goal Details:
Attend at least 6 classes between Jan 15 - Feb 28	Add a profile picture to your Schedulicity Account	Free Space	Do 15 sit-ups a day for 5 days in a row	Double Down Take 2 classes in a week
Take Priscilla's Class	Do 10 push-ups a day for 7 days!	Set Your Own Goal Details:	Take a 20 minute walk twice a week for at least 2 weeks.	Practice deep breathing at least once a day for 5 days Here's an example
Triple Up Take 3 classes in a week	Do a 10 min stretching exercise at least twice a week for 2 weeks	Avoid sugary drinks (soda, flavored latte, etc) for 3 days	Take Megan's Class	Review us on FB

How to Play:

1. Print or download the attached Bingo sheet onto your phone/tablet. Mark the tasks off as you accomplish them.
2. To kick-start the challenge, we have made this Friday (Jan15th)'s Total Body Conditioning a **Free Open Class** that can be used as a **wild card** and replace any one of the activities on the grid (cannot be counted towards other tasks).
3. Prizes:
 - First person to **complete 2 lines** will get a \$25 Minty Gift Card or e-credit.
 - First person to **complete 4 lines** will get a free private conditioning or functional training class with Megan (you can invite up to 2 people to join)
 - Everyone who completes at least 3 lines by Feb 28 will be entered into a draw for a \$100 Minty Gift Card or e-credit.
4. To claim prizes: send a screenshot of your progress to us via email mymintyfitness@gmail.com, or to our Facebook/Instagram messenger.
5. **Set Your Own Goal** slots: These can be anything that makes you feel good and contributes to your wellbeing, such as breaking an unhealthy habit, reading that book that's been sitting on your shelf, getting an extra hour of sleep, etc.

Invite friends to join you and do some of the activities together! Having a challenge buddy will make it more fun and you can help each other stay on track. Share pictures/videos of you completing the activities on social media with #mintywellnessbingo2021.