

NOVEMBER BINGO

CONSISTENT SLEEP (7 NIGHTS 7+ HOURS SLEEP)	WATER: DRINK YOUR WIEGHT IN OUNCES FOR 3 DAYS	SET A PR!	WRITE A GOOGLE REVIEW FOR CFH	READ A BOOK FOR ENJOYMENT
SHOW APPRECIATION TO SOMEONE IN YOUR LIFE	REFER A FRIEND TO SIGN UP FOR A NO SWEAT INTRO	DO SOMETHING NICE FOR A MEMBER YOU HARDLY KNOW	TRY A BOOTCAMP CLASS	EAT A PROTEIN YOU HAVE NEVER TRIED
POST YOUR WORKOUT ON SOCIAL MEDIA	ATTEND 4 CLASSES IN A WEEK	THE GYM ADDS 6 MEMBERS IN NOVEMBER	DO SOMETHING THAT LOWERS YOUR STRESS	DO SOMETHING ADVENTUROUS
TRY A NEW HEALTHY RECIPE	DO TWO ROMWODS IN A WEEK	GIVE OR DO SOMETHING FOR A CHARITY	DO SOMETHING EXTREMELY NICE FOR A STRANGER	GET NUTRITIONAL SERVICES THROUGH CFH
GO HIKING	CONTACT AN OLD FRIEND	GET PRIVATE COACHING THROUGH CFH	READ SOMETHING INSPIRATIONAL	TAKE A WELL NEEDED RECOVERY BREAK



**CROSSFIT
HARRISONBURG**