

WEEK 8



WEC - BINGO CARD

B	I	N	G	O
PLAN your menus for one week	Spend 15 minutes of time dedicated to YOU	Read the article: www.sparkpeople.com/resource/nutrition_articles.asp?id=54	20 minutes of CARDIO	Post a WATER tip in your Chat Thread
Post one NSV (Non-Scale Victory) in chat thread	Post one NUTRITION goal for the WEC	X this square if you achieved your goal at least 3 days	CLEAN or ORGANIZE an area for 15 minutes	Post on your chat thread your tips for hydrating
ST - do 2 sets of 12-15 reps of any 3 CORE exercises	Share on your chat thread healthy substitutes for water		Give a Sparks Goodie or comment on a SparksPage	Try a new recipe or a new food (Maybe seafood?)
CLEAN or ORGANIZE an area for 15 minutes	Eat 12 Freggies during the weekend	Walk, jog or run for at least 20 mins	Read the article: www.sparkpeople.com/resource/fitness_articles.asp?id=117	ST - do 2 sets of 12-15 reps of any 3 UPPER body exercises
Stay in your CALORIE RANGE 3 days	Post a Positive Quote in your Chat Thread	ST - do 2 sets of 12-15 reps of any 3 LOWER body exercises	Take a NUTRITION Quiz www.sparkpeople.com/resource/quiz_categories.asp?icat=1	Stay hydrated by drinking at least 24 glasses of water during the 4 days

* Blacking out your card is a BONUS it is not required nor expected, please work at your level.

* If you want to take all the exercise squares in one day please plan accordingly to avoid over working muscle groups.

* You may combine squares. For example if you eat 2 veggies in a new recipes you can take both squares.

Directions: 1) Print out 1 copy of the BINGO card. Use ONE card for the WHOLE challenge.

Scoring:

5 pts per square covered (Up to 25 squares = 125 possible points), don't forget the FREE square!

Bonus points

10 extra points for each Bingo 5 in a row across, down, or diagonal.

50 extra points for BLACKOUT CARD, every square covered TRACKING: Total: _____/295