




REVEAL YOUR CHAMPION '22

# JANUARY BINGO



Make a healthy meal



Make a post about your favourite teams



10 push ups (x2)



Strike a pose from your favourite athlete



10 jumping jacks (x2)



30 second plank (x2)



Free Square!



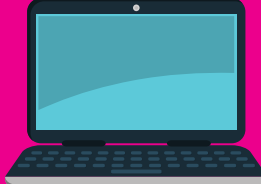
Make a drawing of your favourite teams logo



10 burpees (x2)



Go for a walk



Attend a live event



Complete all challenges for the week



Drink 5 glasses of water



Eat 5 fruits and vegetables



Take 5 mins to reflect on your week



Watch a professional sports game

✕ - post your answer to facebook group  
🔗 - instruction video  
4 corners - 10pts  
1 line - 25pts  
2 lines - 50 pts  
full card - 100 pts



WEEK 1