



REVEAL YOUR CHAMPION '22

JANUARY BINGO

Make a snow angel and post a photo!

Make a cup of hot chocolate

10 jumping jacks (x2)

15 second runners lunge each leg (x2)

10 standing bicycles (x2)

10 tricep dips (x2)

Free Square!

Make snowflakes to tape to your window

30 second plank (x2)

Get some fresh air and 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

Grab a sled and go sledding!

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



WEEK 3