




REVEAL YOUR CHAMPION '22

FEBRUARY BINGO



Post a video doing your favourite dance move!




Recreate your favourite Tiktok dance!




20 second toe touch (x2)



30 second Plank hold



20 second Hamstring stretch (each leg)



Post your favourite workout song!



Free Square!



20 second cross arm stretch (2x each arm)



Have a dance break!



Eat 5 fruits and vegetables



Attend a live event



Complete all challenges for the week



Drink 5 glasses of water



Take 5 minutes to reflect on your week



Take time to relax and wind down with this yoga video



20 second standing crunches (each leg)

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