



Thrivestry HomeFit Bingo!

Can't get out of your house and looking for something to break up the monotony (and get healthier in the process)? Challenge your friends to HomeFit Bingo! The basic goal is to get 5 in a row, column, or diagonally. Set a time limit and see how many of you and your friends can get Bingo (in a week for example). A 'speed round' would be to see who can get 5 in one day. You can also go all-in and try to black out the entire board! Download a PDF Version at Thrivestry.com or use a screenshot and mark it up digitally. **Post your board online and tag @thrivestry_official and your gym!**

	B	I	N	G	O
B	Get dressed (in non-pajamas) before 8am	Take 12,000 steps	Spend 15 minutes practicing a new skill	Order takeout at a locally owned restaurant, take a picture and tag them and the gym	Attend a live video class
I	Follow a 15+ minute Yoga Flow / Mobility video	Get 8+ hours of sleep in one night	Take a post workout selfie and tag the gym	Invite a friend to go to the live video class with you	Do 10 Air Squats in every room of your house
N	Share a post from the gym or one of the coaches (tag three friends)	Start a new book	Workout 3 days in a row	Wake up at 6am or earlier	Do 10 Push Ups in every room of your house
G	Work from a standing workstation/counter for at least 2 hours	Go to bed by 9:30pm	Go for a 1 hour walk/hike	Perform 10 minutes of mobility/rehab 3 days in a row	Post a funny meme or quote to the Gym FB Group
O	Try a new recipe, share your experience to the Gym FB group	Do 5 Burpees in every room of the house	Finish a book	Stay off of social media and news sites for one whole day	Meditate, Pray, or practice breathing, for 10+ minutes

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