CrossFit Lakewood Summer Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/b29yk6

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to https://myfreebingocards.com/faq where you will find solutions to most common problems.

Share

Pin these bingo cards on Pinterest, share on Facebook, or post this link: mfbc.us/s/b29yk6

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/b29yk6

Go to <u>myfreebingocards.com/bingo-card-generator</u> to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Do 100 sit ups in 1 day	Drink 80 oz of water in 1 day	http://cooldinations.ol.com/httl/fileShillig-recipes/	Establish a 1 mile run or walk time	Plank for 5 min in 1 day	Try out a new vegetable or way of cooking vegetables you've never tried before
Do 100 lunges	Do 50 Burpees	Do 10 rounds of 30s "work"/30s rest of mountain climbers	Eat 2 cups of vegetables twice in 1 day	Do 5x10 push- ups	Log your food for 5 days straight and email your results to chrissy⊚crossfitlakewood.com
Do a workout outside	Follow us on Instagram @crossfitlakewood	Do 3 workouts in 1 week			

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Plank for

5 min in

1 day

Eat 2 cups of

vegetables

twice in 1

day

Log your food for 5 days straight and email your results to chrissy@crossfitlakewood.com

Establish

a 1 mile

run or

walk time

Bingo

Do 50

Burpees

Do

100

lunges

FREE

http://crossfitlakewood.com/nutrition/healthy

Do 10 rounds

of 30s

"work"/30s

rest of

mountain

climbers

Do 100

sit ups

in 1 day

Do 3

workouts

in 1 week

Drink 80

oz of

water in

1 day

Do a

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Follow us on

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Try out a new vegetable or

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myfreebingocards.com

Bingo Card ID 008 * CrossFit Lakewood Summer Bingo Eat 2 cups Do 10 rounds Do 3 of 30s of Follow us on "work"/30s workouts vegetables Instagram @crossfitlakewood rest of twice in 1 in 1 week mountain day climbers Do **Plank for** Do 50 **FREE** 100 5 min in **Burpees** 1 day lunges Do 100 Do 5x10 Do a workout sit ups pushhttp://crossfitlakewood.com/nutrition/healthyoutside in 1 day ups Drink 80 **Establish** Try out a new vegetable or oz of a 1 mile Log your food for 5 days straight and email your results way of cooking to chrissy@crossfitlakewood.com vegetables water in run or vou ve never walk time 1 day tried before myfreebingocards.com

Eat 2 cups

of

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twice in 1

day

Do 50

Burpees

Do 3

workouts

in 1 week

Bingo

Try out a new vegetable or

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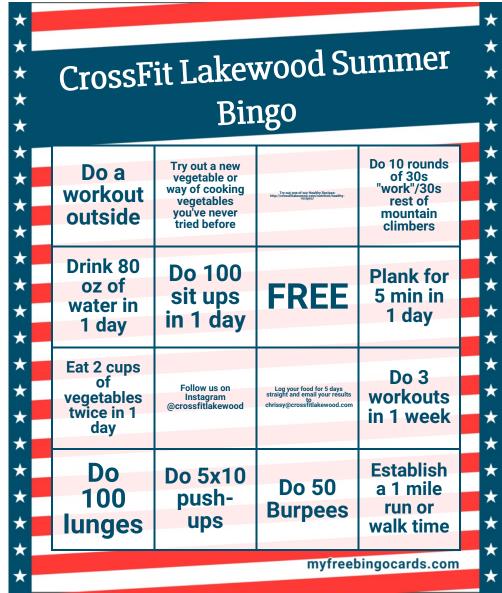
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Instagram @crossfitlakewood

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Log your food for 5 days straight and email your results to chrissy@crossfitlakewood.com

Do a

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Do 50

Do 3

Try out one of our Healthy Recipes: http://crossfitlakewood.com/nutrition/healthy

5 min in

1 day

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