

# 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](https://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](https://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/fag> 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](https://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](https://mfbc.us/e/b29yk6)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) 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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

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

Bingo Card ID 001

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 002

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 003

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 004

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 005

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 006

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 007

# CrossFit Lakewood Summer Bingo

Do 3 workouts in 1 week	Drink 80 oz of water in 1 day	Do 5x10 push-ups	Log your food for 5 days straight and email your results to <a href="mailto:chrissey@crossfitlakewood.com">chrissey@crossfitlakewood.com</a>
Do 100 lunges	<b>FREE</b>	Do a workout outside	Follow us on Instagram <a href="https://www.instagram.com/crossfitlakewood">@crossfitlakewood</a>
<small>To see one of our healthy recipes: <a href="http://thefoodmaven.com/healthy-recipes/">http://thefoodmaven.com/healthy-recipes/</a></small>	Plank for 5 min in 1 day	Establish a 1 mile run or walk time	Try out a new vegetable or way of cooking vegetables you've never tried before
Do 10 rounds of 30s "work"/30s rest of mountain climbers	Do 100 sit ups in 1 day	Do 50 Burpees	Eat 2 cups of vegetables twice in 1 day

myfreebingocards.com

Bingo Card ID 008

# CrossFit Lakewood Summer Bingo

Follow us on Instagram <a href="https://www.instagram.com/crossfitlakewood">@crossfitlakewood</a>	Eat 2 cups of vegetables twice in 1 day	Do 10 rounds of 30s "work"/30s rest of mountain climbers	Do 3 workouts in 1 week
Do 100 lunges	Plank for 5 min in 1 day	<b>FREE</b>	Do 50 Burpees
<small>To see one of our healthy recipes: <a href="http://thefoodmaven.com/healthy-recipes/">http://thefoodmaven.com/healthy-recipes/</a></small>	Do 100 sit ups in 1 day	Do 5x10 push-ups	Do a workout outside
Log your food for 5 days straight and email your results to <a href="mailto:chrissey@crossfitlakewood.com">chrissey@crossfitlakewood.com</a>	Drink 80 oz of water in 1 day	Establish a 1 mile run or walk time	Try out a new vegetable or way of cooking vegetables you've never tried before

myfreebingocards.com



Bingo Card ID 009

# CrossFit Lakewood Summer Bingo

Eat 2 cups of vegetables twice in 1 day	Establish a 1 mile run or walk time	Try out a new vegetable or way of cooking vegetables you've never tried before	Do 100 lunges
Do 50 Burpees	Do 5x10 push-ups	<small>Log your food for 5 days straight and email your results to <a href="mailto:chrissy@crossfitlakewood.com">chrissy@crossfitlakewood.com</a></small>	Plank for 5 min in 1 day
<small>To eat one of our Healthy Recipes: <a href="http://crossfitlakewood.com/indiv/healthy-recipes/">http://crossfitlakewood.com/indiv/healthy-recipes/</a></small>	<b>FREE</b>	Do a workout outside	Drink 80 oz of water in 1 day
Do 3 workouts in 1 week	Follow us on Instagram @crossfitlakewood	Do 10 rounds of 30s "work"/30s rest of mountain climbers	Do 100 sit ups in 1 day

myfreebingocards.com

Bingo Card ID 010

# CrossFit Lakewood Summer Bingo

Do 100 sit ups in 1 day	Do 3 workouts in 1 week	Drink 80 oz of water in 1 day	Do a workout outside
Do 100 lunges	Do 10 rounds of 30s "work"/30s rest of mountain climbers	Try out a new vegetable or way of cooking vegetables you've never tried before	Establish a 1 mile run or walk time
<small>Log your food for 5 days straight and email your results to <a href="mailto:chrissy@crossfitlakewood.com">chrissy@crossfitlakewood.com</a></small>	<b>FREE</b>	Plank for 5 min in 1 day	Do 50 Burpees
Follow us on Instagram @crossfitlakewood	Do 5x10 push-ups	Eat 2 cups of vegetables twice in 1 day	<small>To eat one of our Healthy Recipes: <a href="http://crossfitlakewood.com/indiv/healthy-recipes/">http://crossfitlakewood.com/indiv/healthy-recipes/</a></small>

myfreebingocards.com

Bingo Card ID 011

# CrossFit Lakewood Summer Bingo

Do 100 sit ups in 1 day	Do 100 lunges	Do 5x10 push-ups	Try out one of our Healthy Recipes: <a href="http://crossfitlakewood.com/nutrition/healthy-recipes">http://crossfitlakewood.com/nutrition/healthy-recipes</a>
Eat 2 cups of vegetables twice in 1 day	Drink 80 oz of water in 1 day	Plank for 5 min in 1 day	Try out a new vegetable or way of cooking vegetables you've never tried before
Log your food for 5 days straight and email your results to <a href="mailto:chrissey@crossfitlakewood.com">chrissey@crossfitlakewood.com</a>	<b>FREE</b>	Do 3 workouts in 1 week	Do 10 rounds of 30s "work"/30s rest of mountain climbers
Do 50 Burpees	Do a workout outside	Follow us on Instagram <a href="https://www.instagram.com/crossfitlakewood">@crossfitlakewood</a>	Establish a 1 mile run or walk time

myfreebingocards.com

Bingo Card ID 012

# CrossFit Lakewood Summer Bingo

Try out one of our Healthy Recipes: <a href="http://crossfitlakewood.com/nutrition/healthy-recipes">http://crossfitlakewood.com/nutrition/healthy-recipes</a>	Drink 80 oz of water in 1 day	Do a workout outside	Do 100 sit ups in 1 day
Establish a 1 mile run or walk time	Try out a new vegetable or way of cooking vegetables you've never tried before	Follow us on Instagram <a href="https://www.instagram.com/crossfitlakewood">@crossfitlakewood</a>	Do 5x10 push-ups
Log your food for 5 days straight and email your results to <a href="mailto:chrissey@crossfitlakewood.com">chrissey@crossfitlakewood.com</a>	Do 100 lunges	<b>FREE</b>	Plank for 5 min in 1 day
Do 10 rounds of 30s "work"/30s rest of mountain climbers	Do 3 workouts in 1 week	Eat 2 cups of vegetables twice in 1 day	Do 50 Burpees

myfreebingocards.com



Bingo Card ID 013

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 014

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 015

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 016

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 017

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 018

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 019

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 020

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com



Bingo Card ID 021

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 022

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com



Bingo Card ID 023

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 024

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 025

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 026

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 027

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 028

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 029

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com

Bingo Card ID 030

# CrossFit Lakewood Summer Bingo

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

myfreebingocards.com