**CrossFit HSN Summer 2017 BINGO**

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| **Take A Selfie In Front Of Any HSN Sign & Post To Social Media** | **Complete A “50 Calorie Row Cash Out” After A WOD** | **Cheer On A Fellow Athlete Who Is Still Finishing A Tough WOD** | **Post A Picture Or Video Of Yourself Hitting A PR** | **Do A “100 Burpee Cash Out” After A WOD** |
| **Wear A Pair Of Fun Socks To A WOD** | **Bring A Friend To A 9:30AM Saturday Class** | **Find A Way To Show Your Coach How Much You Appreciate Them** | **Log Your Food In MyFitnessPal For ONE Week Straight** | **Post A Picture Of A HSN Recipe You Made To Social Media & Tag Us** |
| **Write A Review Of HSN On Facebook** | **Make a HSN Recipe and tag us @healthystepsnutrition** | **http://healthystepsnutrition.fortimedesign.com/wp-content/uploads/2016/09/hsn_logo_revised.png** | **Attend 5 Classes In 1 week** | **Wear A HSN shirt Outside The Box & Post A Picture To Social Media** |
| **Attend A Class Time That You Have Never Attended Before** | **Do A Partner Workout With Someone New** | **Write A Review Of HSN On Google** | **Take A Group Picture At Any HSN Summer Event & Post To Social Media** | **Attend Sunday Open Gym To Work On A New Skill** |
| **Try a new vegetable!**  **(For example: spaghetti squash, cauliflower rice** | **Post 1 Gym/Workout Meme On Social Media & Tag Us** | **Set Up A Free Goal Setting Session** | **Tell A Fellow Athlete How They Motivate You & Why** | **Complete 20 Calories On Bike After A WOD** |

**\*When you complete a box, put a line through it, then ask the coach to sign off on it.**

**Bingo**

* Best time to launch Bingo: downtime during gym to keep members engaged (i.e.: Summer)
* Prize once you finish the entire card
* Goals: increased engagement with members, increased social media presence about the gym
* Collect reviews
* Goal setting sessions
* Include at least 2 nutrition-related squares (recipes/track food)