



# CFRV—Summer Bingo 2017

Athlete: \_\_\_\_\_

Completion Date: \_\_\_\_\_

\*See Rules Online @ [www.rosevillecrossfit.com/summer-bingo](http://www.rosevillecrossfit.com/summer-bingo)

<p>Post an After Wod Photo to Social Media. *Tag CrossFit Roseville</p>	<p>Hit a PR. Write PR on PR Board. Wring PR Bell! *Post a Photo to Social Media &amp; Tag CrossFit Roseville</p>	<p>Write a Review of CrossFit Roseville on Facebook.</p>	<p>Find a Way to Show a Coach How Much You Appreciate Them. *Bringing them a Healthy Snack/Treat Does Not Count.</p>	<p>Have a Friend or Family Member Sign-Up for a "No-Sweat Intro" With a Coach.</p>
<p>Attend a Class Time that You Haven't Been to Before.</p>	<p>Write a Review of CrossFit Roseville on Google.</p>	<p>Tell a Fellow Athlete How They Motivate You And Why.</p>	<p>Log All of your Food in My Fitness Pal for 5 Straight Days.</p>	<p>Ask a Coach to Video your Athlete Success Story. *2-3 Minute Video.</p>
<p>Buy a Friend a FitAid, Perfect Food Bar, or Apparel Item.</p>	<p>Attend 5 Classes in One Week.</p>	<p>Set Up Your Free Goal Setting Session.</p>	<p>Wear Your CFRV Gear Outside the gym. Post a Photo to Social Media. *Tag CrossFit Roseville</p>	<p>Help Others Put Away Their Equipment After the Workout.</p>
<p>Attend a Sunday Yoga Class @ 9am.</p>	<p>Share your Bright Spot of the Week on the CFRV Facebook Page's Weekly Bright Spot Post!</p>	<p>Take a Photo of a Healthy Meal &amp; Post the Recipe to Social Media. *Tag CrossFit Roseville</p>	<p>Put a CrossFit Roseville Sticker on Your Car</p>	<p>Schedule a Private Training Session to Work On a Skill</p>
<p>Bring a Friend or Family Member to a Sweat Sessions Class.</p>	<p>Post Your Reason For Training On Social Media. *Tag CrossFit Roseville</p>	<p>Hit a PR. Write PR on PR Board. Wring PR Bell! *Post a Photo to Social Media &amp; Tag CrossFit Roseville</p>	<p>Attend both the 8am Barbell Class &amp; 9am CrossFit Class on a Saturday. *Post a Photo to Social Media &amp; Tag CrossFit Roseville</p>	<p>Bring a Coach a Healthy Snack/Treat to Show How Much You Appreciate Them.</p>