



JANUARY 2025

BECOMING ELLI BINGO

POST A PHOTO OF YOUR WORKOUT SHOES	WALK WITH A FRIEND	DRINK YOUR WATER GOAL	DO YOUR SQUATS WITH A WEIGHT	EAT A BIG ASS SALAD
GO TO THE GYM	BALANCE ON ONE FOOT, THEN THE OTHER	RIDE A BIKE	DO A YOGA CLASS	CHOOSE TO DO CRUNCHES OR PLANKS
USE YOUR ROLLER	EAT SOME EXTRA VEGETABLES	FREE SPACE	ATTEND A CLASS	LISTEN TO A PODCAST
INVITE A FRIEND TO WORKOUT WITH YOU	TAKE A HIKE ON A TRAIL	SHARE YOUR PROGRESS WITH BECOMING ELLI GROUP	TRY A "NEW TO YOU" CARDIO	ENJOY A DANCE PARTY
GO SWIMMING	TAKE AN AEROBICS CLASS	TRY A NEW YOUTUBE WORKOUT	DO AN AB WORKOUT	DO A DUMB BELL OR KETTLEBELL WORKOUT