

BINGO

February 2025

POST A PHOTO FROM YOUR WALK OR RUN	WALK WITH A FRIEND	DRINK YOUR WATER GOAL	DO YOUR SQUATS WITH A WEIGHT	MEET YOUR PROTEIN GOAL
GO TO THE GYM	BALANCE ON ONE FOOT, THEN THE OTHER	RIDE A BIKE	DO A YOGA CLASS	DO A PLANK
MEDITATE OR OTHER MINDFULNESS	EAT SOME EXTRA VEGETABLES	FREE SPACE	DO A WALL SIT OR GLUTE BRIDGES	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

BecomingElli.com