

UNPLUG COMPLETELY FOR ONE FULL HOUR EACH DAY (NOT INCLUDING SLEEPING)	MEATLESS FOR ONE DAY (STILL EATING PROTIEN)	*SUPPORT A LOCAL BUSINESS	HAVE A SOURCE OF PROTEIN WITH <u>EVERY</u> MEAL FOR THREE CONSECUTIVE DAYS	*REGISTER FOR THE "SUPPORT YOUR BOX" FUNDRAISER
GO FOR A RUN OUTSIDE FOR A <u>MINIMUM</u> OF 30 MINUTES	MINDLESS SNACKING - REFRAIN FROM IT THREE CONSECUTIVE TIMES IN ONE DAY (YOU ARE JUST BORED)	SLEEP 7+ HOURS, 4 OF 7 DAYS	*CREATE A PIECE OF EQUIPMENT OUT OF HOUSEHOLD ITEMS	*COOK A MEAL WITH A VEGETABLE YOU HAVE <u>NEVER</u> HAD BEFORE
FAST FOR 16-18 HOURS (NO CALORIC INTAKE); INCLUDES HOURS SLEEPING	*POST A PICTURE OF YOURSELF IN HIGH SCHOOL		*DRESS UP AS ONE OF THE BTA COACHES	*DECLUTTER YOUR HOME; PICK ONE ROOM, FIND FIVE ITEMS IN THAT ROOM TO PART WITH
*SQUAT WITH YOUR CHILD, PARTNER OR PET; ANY SQUAT YOU WANT	BE OUTSIDE FOR 60 MINUTES (READ, WALK, LISTEN TO MUSIC/ PODCAST)	DRINK (AT MINIMUM) TWO LITRES OF WATER PER DAY FOR FIVE CONSECUTIVE DAYS	SPEND 10 MINUTES EVERYDAY TO WORK ON MOBILITY ("SIP AND STRETCH")	*TRY TO DO A TURKISH GET UP WITH A FULL CUP OF WATER
*SHARE YOUR FAVORITE HEALTHY RECIPE	*SMOOTHIE (8OZ LIQUID 1-2 SCOOP PROTEIN, 2 🍆 VEGGIES, 2 🍌 FRUIT, 1 THUMB FATS/NUTS)	*CLEAN YOUR BATHROOM	*TAKE 15 MINUTES AT THE END OF YOUR DAY TO REFLECT ON WHAT MADE YOU HAPPY THAT DAY	NO SUGAR IN <u>ANY</u> OF YOUR DRINKS FOR THREE DAYS

"#STOPQUARANTINE15" INSTAGRAM BINGO

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BLACK TUSK
— ATHLETICS —