

# 2019 30-Day Fitness Bingo Challenge

Saturday, January 5th - Sunday, February 3rd



Be someone's workout buddy	Try a new activity/exercise	Explore a trail	Go outside for an hour	Set a goal for 2019
Rest	Do a core workout	Push yourself out of your exercise comfort zone	Practice positive self-talk	Eat healthy all day
Try a new walk/run route	Wave to another walk/runner	Make a stretching routine	Use #FairhavenRunner on Facebook, Twitter, or Instagram	Encourage someone in their quest for fitness (write a note, text, call or tell 'em)
Add strength exercises to your routine	Stay hydrated	Sign up to volunteer for/donate to a fitness or outdoor event or cause	Do a fitness related class, video or app	Work out twice in one day
Go to a FR&W All-Paces Run/Walk	Do some research (fitness related blog, article or website)	Eat three servings of veggies & two servings of fruit	Try a new activity/exercise	Be someone's workout buddy
Do a hill workout	Get inspired with a sport/adventure related movie or book	Get a good night's sleep	Make a healthy meal plan for the week	Follow us on Facebook or Instagram

Phone:

Name:  
E-mail:

Is there an activity or two that you may have a hard time completing above? You can substitute with an activity below:  
(Details for store events can be found on our website - [fairhavenrunners.com/store-events](http://fairhavenrunners.com/store-events))

- Sign up for a free Good Form Running Clinic by calling the store at (360)676-4955.
- Sign up for a one on one Injury Prevention & Recovery Clinic by calling the store at (360)676-4955. (\$15 paid to the P.T.)
- Sign up for our monthly e-newsletter in the store or by going to <https://fairhavenrunners.com/contact-us/>.
- Check out our always updating website. <https://fairhavenrunners.com/>
- Go to the mountains and play in the snow.
- Sign up for a race or fun run/walk.
- Try out some running drills.

## 30-Day Fitness Bingo Challenge

### Partnering with Asics

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This challenge aims to inspire healthy habits, freshen up your fitness routine, encourage you to try new things, stay consistent, get out in the community and be a supportive, healthy influence on others.

Complete all 30 daily challenges for a Blackout and you will be eligible for the drawing for great prizes from Fairhaven Runners & Asics. Draw prizes include Asics shoes, a \$100 Fairhaven Runners gift certificate, \$50 toward a race entry or fitness class, and lots of Fairhaven Runners fan kits full of FR merchandise.

Just for completing the challenge, there will be fun giveaways, too (while supplies last)! Game boards will be in the store and available to download online in December. (Instructions included with download.)

Pick up your game board at the store or go to [fairhavenrunners.com](http://fairhavenrunners.com) to print one out.

**What do I do?** Each day pick a square & complete the activity suggested in that square. (*You can do the squares in any order you choose.*) Once completed “X” out the square. Get a Blackout at the end of the 30 Days and you’re a champ!

(**And if you would :**) - Please share your progress along the way using #FairhavenRunner on FB, Twitter or Instagram.)

#### FAQ:

*How do I get a bingo card?*

Pick up a copy of the sheet at Fairhaven Runners or go to our website and print off a version. Can't do either of those? Go to our website and copy the bingo card by hand. :)

*How do I turn in my bingo card at the end of the Challenge?*

After the 30 Day Fitness Challenge is finished (Sunday, Feb. 3rd), drop your game board off at the store or send it to us in the mail (Fairhaven Runners, 1209 11 th St., Bellingham, WA 98225) OR take a picture of your bingo card and send it to us at [runners@fairhavenrunners.com](mailto:runners@fairhavenrunners.com) - put “30 Day Fitness Bingo” in subject line, please.

*What is the deadline for turning in my completed bingo card?*

We must receive your completed bingo card by Sunday, February 10 th .

*Wondering about the details of any of squares?*

Interpret the squares as best you can. Maybe ask a buddy or do an internet search or go to [fairhavenrunners.com](http://fairhavenrunners.com) for event details.

*How do I know if I won a prize?*

We will email the winners and give instructions to everyone who completed the challenge and turned their bingo cards in on time regarding what to do next.

Good luck & have fun!