

Quarantingo Remix

<p>Text Anni to say Hi 916.873.5105</p>	<p>Call/Facetime/Zoom a friend or relative once a day for social time</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 	<p>Accumulate 165 minutes of reading for leasure. No work reading counts. Can be anything. (books, magazines, blogs)</p>	<p>Try a new recipe.</p> <p>1 point for trying 1 point for sharing 1 point for write about what you liked or disliked about it.</p>
<p>Send a photo to Lamorindacrossfit@gmail.com of how you are staying active with your Quaranteam!</p>	<p>Complete 6 of 11 days of Workouts</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	<p>Take a Walk or Bike Ride 2 of 10 days (at least 30 minutes)</p> <ol style="list-style-type: none"> 1. 2. <p>(up to 4 days of extra credit for 30+ of walk/bike)</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	
<p>Complete 5 of 9 Lunch Session Work-outs.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<p>Join our daily live 6 of 11 days.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	<p style="text-align: center;">BE AWESOMESAUCE!</p>	<p>Tag LCF in a social media post with thoughts on the WOD, 4 of 11 days</p> <ol style="list-style-type: none"> 1. 2. 3. 4.
<p>Complete a stretch or yoga session (can be on your own or any app/platform)</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Get 15 minutes of sunshine a day.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 	<p>Submit your daily score on the BLOG at Lamorindacrossfit.com</p> <p>6 of 10 days</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	<p>Participate in both Zoom Social Hours</p> <p>4/23: 4/30:</p>

This round of BINGO goes from 4/20 – 4/30.

Each activity =1 point,

Each line of 4 in a row (straight or diagnol) = 2 points

Blackout = 10 points