

# Quarantingo

<p>Complete 5 of 7 days in workout: Track Dates:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>	<p>Get 15 minutes of sunshine each day – Tally below:</p> <p>Monday __ Tuesday __ Wednesday __ Thursday __ Friday __ Saturday __ Sunday __</p>	<p>Send a Quaranteam photo to <a href="mailto:LamorindaCrossFit@gmail.com">LamorindaCrossFit@gmail.com</a></p>
<p>Post of Photo or Comment about your WOD 3 of the 7 days and tag LCF Track Dates:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p style="text-align: center;">BE AMAZING (FREE SQUARE)</p>	<p>Join our DAILY LIVE 3x or our SOCIAL HOUR (ZOOM-THURSDAY) Track Dates:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p>Extra point for 3 lives + Zoom hour.</p>
<p>Reach out to a friend or family member for social time daily. Track below:</p> <p>Monday __ Tuesday __ Wednesday __ Thursday __ Friday __ Saturday __ Sunday __</p>	<p>Complete 3 of the 5 Lunch Booty/Abs Sesh WODs Track Dates:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>Submit your daily score on our BLOG at <a href="http://LamorindaCrossFit.com/Blog">LamorindaCrossFit.com/Blog</a> Track Dates you did your WODS</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>

## Point System:

Each Square = 1 Point

3 Across = 3 Extra Points

3 Down = 3 Extra Points

3 Diagonal = 3 Extra Points

Blackout = 5 Extra Points

3 Daily Lives + Zoom Hour = 1 Extra Point

Completing extra credit given on Daily Lives = 1 point each

Total points on here, snap a pic and email or text Anni by Monday 20<sup>th</sup> at Noon.

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