

Final challenge RULES:

1. The first team to send their completed BINGO BLACKOUT to contact@mojofitstudios.com will win the race. Before announcing the winner BINGO cards and packets will be verified.
2. Only ONE FINAL challenge email should be submitted. That means you and your teammate will need to coordinate all of your information together before submitting.
3. Some BINGO spaces are ONE or BOTH team members. Make sure you read them.
4. Make sure you complete EACH task. Some spaces are on the honor system.
5. You do NOT need to submit the BINGO answers in any specific format as long as all spaces are completed.
6. This is your final challenge with your team member...have some fun with it!

B

1. Text or email someone you've been meaning to be in touch with. Simply let us know you completed this task. (ONE team member)
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2. Complete 30 Pushups (BOTH team members). Take a photo and attach it to your final challenge email.

3. What are the 5 Niyamas of Yoga? (ONE team member)

1. _____

2. _____

3. _____

4. _____

5. _____

4. Do your FAVORITE yoga pose (BOTH team members). Take a photo and attach it to your final challenge email.

5. Name one way yoga has changed the way you live. (BOTH team members)

1. _____

2. _____

I

1. Of your 12 Amazing Race classes which was your favorite and why? (BOTH team members)
 1. _____
 2. _____
2. What are the 5 Yamas of Yoga? (ONE team member)
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
3. What are the MOJO FIT STUDIOS mission statement. (ONE team member) (HINT check the website) _____
4. Share your favorite healthy recipe. (BOTH team members). Attach recipe or link to final challenge email.
5. Get someone to do 5 Burpees. (ONE team member but your "someone" CAN be your other team member). Take a video, boomerang or photo and attach to your final challenge email.

N

1. Take a photo of something you are grateful for and attache to your final challenge email. (ONE team member)
2. Post a new Mojo Fit Studios review on Facebook, Google or Yelp. (ONE team member) If BOTH team members have already posted a review in the past, congratulations this is a free space for you!
3. MOJO FIT STUDIOS FREE SPACE

4. Find a visual representation of the 8 limbs of yoga and attach it to your final challenge email. (ONE team member).
5. Name the 7 Chakras and identify the one chakra you would like to work on more. (ONE team member).

G

1. Try the yoga pose you DO NOT like very much (BOTH team members) No photo needed just tell us the pose and take a moment to think about why you might not like the pose.

1. _____
2. _____

2. Create a 5 song playlist (BOTH team members) This can be any style of music you like.

_____	_____
_____	_____
_____	_____
_____	_____

3. List 5 things you are grateful for (BOTH team members)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. What is your favorite inspirational quote? (BOTH team members)

1. _____
2. _____

5. Identify one goal you are going to work REALLY hard to achieve in 2019. (BOTH team members)

1. _____
2. _____

O

1. Share a favorite holiday recipe. (BOTH team members) Attach the recipe or link to your final challenge email.
2. Find a set of stairs and do 4 stair runs. :) (ONE team member) Stairs must be 5 steps or more. (Take a photo of your stairs and include it in the final challenge email)
3. Take a photo of something you love about Fargo/Moorhead and attach it to your final challenge email. (ONE team member)
4. What is your favorite book and why? (BOTH team members)
 1. _____
 2. _____
5. Name 5 benefits of yoga? (ONE team member) There is no "right" answer.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____