



bingo
challenge

GET IN A 10 MINUTE STRETCH SESH	BRING A FRIEND TO CLASS	WRITE DOWN 3 AFFIRMATIONS (AND HANG THEM UP)	GO TO BED ONE HOUR EARLIER	ATTEND A CoComelon CLASS
POST A PIC FROM CLASS ON SOCIAL MEDIA <small>TAG US ON FB OR IG</small>	MAKE A HAPPY PLAYLIST ... AND PLAY IT!	BUY YOURSELF FLOWERS (OR YOUR FAV TREAT)	TALK TO A MOM YOU DON'T KNOW AT CLASS	SET 3 GOALS FOR THE SECOND HALF OF THE YEAR
WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR	ATTEND 8 CLASSES IN THE MONTH		DRINK 64OZ OF WATER (IN THE DAY)	LEAVE US A REVIEW ON FB, GOOGLE, YELP, ETC
READ FOR 30 MINUTES	TRY A NEW HEALTHY RECIPE	ATTEND CLASS AT 2 DIFFERENT PARKS	SHARE A POST FROM THE FIT4MOM MOORESTOWN - CHERRY HILL PAGE	TAKE YOURSELF ON A DATE
ATTEND A CRAFT OR PLAYDATE	FOLLOW ANY 5 OF OUR SPONSORS ON IG OR FB	GO ON A WALK OR RUN (OUTSIDE OF CLASS)	ATTEND A MOM ONLY CLASS	EAT 4 DIFFERENT COLOR VEGGIES IN ONE DAY