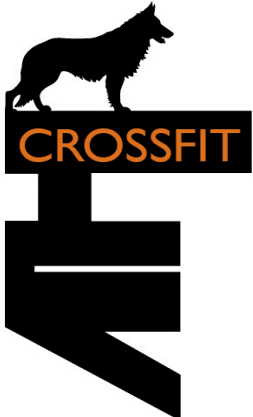


| ATHLETE NAME _____ | | COMPLETION DATE _____ | | | |
|---|--|---|--|--|---|
|  H U T T B I N G O S V A L L E Y C R O S S F I T | Take a selfie in front of any CFHV sign or banner and post to Social Media using hashtag #thefriendlygym and #cfhv | Post one gym meme using hashtag #thefriendlygym and #cfhv | Cheer on a fellow athlete who is finishing a tough WOD | Post a picture or video of yourself to Social Media hitting a PR using hashtag #thefriendlygym and #cfhv | Write a review of CFHV on Facebook |
| | Wear a pair of fun socks to a WOD | Find a way to show your coach how much you appreciate them | Yell 'YES I LOVE BURPEES' when completing burpees in a warm up or WOD | Post a picture of a recipe or meal created to Social Media using hashtag #thefriendlygym and #cfhv | Attend a class time that you havent before or don't usually do |
| | Log your food for one week straight | Attend 5 classes in one week | Do a 100 burpee cash-out after a WOD | Have A Friend Sign Up To A No Sweat Intro | Wear A CFHV Tee/Hoodie outside the gym and post a picture of it |
| | Write a review of CFHV on Google | Take a group picture at CFHV and post to social media using hashtag #thefriendlygym and #cfhv | Set Up A Goal Setting Session | Hit a Strike with your first bowl | Do A 50 Cal Row Cash Out After a Workout |
| | Tell a fellow athlete how they motivate you and why | Do a partner WOD with someone new | Take A Group Pic at The Bowling and Post It Online using hashtag #thefriendlygym and #cfhv | Hit 100 Double Unders/300 Single Skips after a class | Get the highest score at Bowling |