

2021

BOXUNION BINGO

STRONG MINDS = STRONG BODIES

**TAKE A CLASS
WITH A FRIEND
(ZOOM COUNTS)**

**TAKE A CLASS
WITH EVERY
COACH**

**POST A
WORKOUT
SELFIE**

**TRY A CLASS
YOU'VE
NEVER DONE**

**TAKE A POST OR
PRE-CLASS
STRETCH**

**WRITE DOWN
HOW YOU FEEL
AFTER EVERY
WORKOUT FOR
A WEEK**

**TAKE A CLASS
EVERYDAY
FOR ONE
WEEK**

**GET 8 HOURS
OF SLEEP
ONE NIGHT**

**TAKE 3
DIFFERENT
ON-DEMAND
CLASSES**

**WRITE DOWN
3 GOALS YOU
HAVE FOR
2021**

**CALL A
FRIEND YOU
HAVEN'T
SPOKEN TO
IN A WHILE**

**TRY A NEW
COACH**

**DO A DOUBLE
DOWN!
(2 CLASSES
BACK TO BACK)**

**REMIND
SOMEONE YOU
LOVE THEM**

**TRY A MASH-UP
CLASS**

**INTRODUCE
YOURSELF ON
OUR BOXUNION
DIGITAL
COMMUNITY FB
PAGE**

**WE WANT TO SEE YOUR PROGRESS! PUT AN
EMOJI OVER EVERY BOX YOU HAVE
COMPLETED + SHARE ON INSTAGRAM AND TAG
@BOXUNIONSTUDIO**