



Nov 15 - Dec 11 2021

Name: _____

Instagram: @cftorque

Facebook @CrossFitTorque

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Attend Class on Dec 6 to complete the CrossFit Total & celebrate Torque's 11 years!	Sign up for a speciality GOAT class w/ Coach Sara - Sat's from 12/4 until end of Jan - check it out on Pike13	Donate a gently used pair of athletic sneakers to Sneakers 4 Funds - donation box at CFT	Compete w/ a Coach - who can hold the bottom of a squat longer? Hang from Pull-up Bar? Plank? Handstand? Need Video proof!	Send 1 week of logging your food to Nutrition Coach Nutrition@CrossFitTorque.com - be as detailed as possible!
Complete 480 burpees - that's just 30 a day or however you'd like to break them up!	Run a Mile w/ a friend & text a POST-run Selfie to us! Can't run? Walk 45min!	Send a "I am grateful for" card to someone in your life - envelopes and cards available at the gym	Donate 3-5 nonperishable items to Foxboro Food Pantry - donation box at CFT	Tell us YOUR Story - we want to know about YOU & why Torque? Schedule a Client Story video
Find Friend -do 3 rds synchronized 20 lunges+20 sit-ups+10 Burpees-RECORD Send to us!	Share a Bright Spot on our weekly FB post (or weekly email)	Grab BINGO card, take a selfie w/ it during Member Appreciation week & tag us / text to 508-812-9555 for us to share!	Share 1 thing you like about 1 of your coaches - tag them on social media, post in the FB members group - email us.	Stretch for 20 minutes straight 4x this month.
Write a positive review about Torque on Google, Yelp or Facebook	Design your own Workout, challenge any Coach to do it (with you) and video yourselves!	Take a smiling selfie with another athlete after the WOD - send to us!	Have you tried a Saturday am class? Come on in & check off this box!	Toys for Tots - Donate New & unwrapped toy - donation box at Torque
Hand Write 3 encouraging notes to a fellow member - notecards will be available at CFT	Watching your water - goal ½ bodyweight in ounces, drink for 15/ 30 days - log it - Send us proof :)	No Sugar for 4 Days Straight!	Wear Your Best CrossFit Torque Swag to class 4 times over this challenge!	Find 5 friends and complete a Human Pyramid - send us photo & tag on social media

We are starting up the fun again Monday, November 15! Bingo Blitz is hitting CrossFit Torque and you aren't going to want to miss out! Everyone is invited to grab a Bingo card & start completing those boxes - You must get a coach to sign off on each box - you have until Saturday, December 11th to complete as many of the boxes as possible! Depending on how many Bingo's (1 completed horizontal, vertical or diagonal line) you get, you will be **entered** for different prizes!

One Bingo (3 winners randomly selected) Choice of a CrossFit Torque Tee/Tank from the Retail area

Three Bingos (2 winners randomly selected) Choice of Torque Tee/Tank, **and** \$20 Cash

Blacked out Card (1 winner randomly selected) Choice of Torque Tee/Tank; \$25 cash; 1 Goat Session **OR** Bag of Ascent Protein

Cards will be checked at the end of the day on December 11th and your name will be entered in for the prize determined by how many Bingos you get!