

# ADVENTURE B I N G O

DO AIR SQUATS 10 OUT OF 14 DAYS	PLAN AN ADVENTURE! SHOW US AN ITINERARY AND PACKING LIST	RIDE YOUR BIKE FOR 120 MINUTES (ALL AT ONCE, OR OVER TWO WEEKS)	STRAVA ART - MAKE AN OUTLINE OF THE UP OR 906 WITH STRAVA (OR OTHER GPS APP)	FREEDOM MACHINE SELFIE!
PLAN AND PREPARE A NUTRITIOUS MEAL FOR (WITH) YOUR FAMILY AND EAT IT OUTSIDE	JOG FOR 90 MINUTES (AT ONCE, OR OVER 14 DAYS)	DO WALL SITS 10 OUT OF 14 DAYS	WRITE AN ADVENTURE STORY (FICTION OR NON-FICTION)	READ "GETTING GEARED UP FOR ABC" ON THE 906AT BLOG
DO PUSHUPS 10 OUT OF 14 DAYS	CHECKPOINT SELFIE: TAKE A SELFIE WHILE WATCHING A SUNRISE OR SUNSET BY A BODY OF WATER OR AN OVERLOOK	LOG FIVE HOURS OF EXERCISE A WEEK, PER WEEK	LEARN MORE ABOUT LNT THEN WALK YOUR NEIGHBORHOOD OR A TRAIL AND PICK UP TRASH <a href="http://WWW.LNT.ORG">WWW.LNT.ORG</a>	DO JUMPING JACKS 10 OUT OF 14 DAYS
READ "DON'T GO INTO THE WOODS UNPREPARED" ON THE 906AT BLOG	DO SOME YOGA	WATCH A DOCUMENTARY ABOUT AN OUTDOOR ADVENTURE	DO PLANKS 10 OUT OF 14 DAYS	PUSH YOUR BIKE UP A HILL
DO SOMETHING HARD THEN #BLAMETODD AND #BLAMEDANNY	HAVE A CAMPOUT IN YOUR YARD (OR YOUR LIVING ROOM)	WALK FOR 120 MINUTES (AT ONCE, OR OVER 14 DAYS)	DOWNLOAD AND READ "BEFORE YOU ADVENTURE CHECKLIST" ON 906AT BLOG	SET UP AN OBSTACLE COURSE AND DO IT!

**STAY ACTIVE. STAY CONNECTED.**

**\*OPTIONAL\* USE THIS TO TRACK ANY CHALLENGES THAT COVER MORE THAN ONE DAY. GOOD LUCK AND HAVE FUN!**

APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2	MAY 3
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