

# ADVENTURE BINGO

READ "GROWTH MINDSET" ON THE 906AT BLOG	DO AN ADVENTURE BINGO TRIATHLON (RUN/BIKE/WALK) ALL AT ONCE	LEARN MORE ABOUT LNT THEN WALK YOUR NEIGHBORHOOD OR A TRAIL AND PICK UP TRASH WWW.LNT.ORG	PUSH YOUR BIKE UP A HILL	AIR SQUATS (10 OUT OF 14 DAYS)
JOG 120 MINUTES (AT ONCE OR OVER 14 DAYS)	5K ADVENTURE RUN/WALK/OR BIKE (OFF-ROAD)	READ THE "STOCKDALE PARADOX" (LINK IN BLOG)	PLANKS (10 OUT OF 14 DAYS)	DO YOGA
PUSHUPS (10 OUT OF 14 DAYS)	READ "SELF-SUPPORTED ETHOS" ON THE 906AT BLOG	LOG FIVE HOURS OF EXERCISE A WEEK, PER WEEK	HAVE A CAMPOUT IN YOUR YARD (OR LIVING ROOM)	RIDE YOUR FAVORITE GRAVEL/ROAD ROUTE (10-MILE)
DO SOMETHING HARD (GET OUTSIDE YOUR COMFORT ZONE) AND #BLAMETODD AND #BLAMEDANNY	JUMPING JACKS (10 OUT OF 14 DAYS)	MOUNTAIN CLIMBERS (10 OUT OF 14 DAYS)	RECRUIT AN ADVENTURE BINGO PARTNER TO PLAY AND TAG THEM	WALK 120 MINUTES (ALL AT ONCE OR OVER 14 DAYS)
STRAVA ART - YOUR ZIP CODE (OR OTHER GPS APP)	BUILD A FORT (EXTRA POINT FOR SLEEPING IN IT)	WALL SITS (10 OUT OF 14 DAYS)	BIKE 120 MINUTES (AT ONCE OR IN 14 DAYS)	SHARE A HELPFUL BIKE MAINTENANCE VIDEO ON FB OR IG



## STAY ACTIVE. STAY CONNECTED.



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

MAY 4	MAY 5	MAY 6	MAY 4	MAY 7	MAY 8	MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	MAY 16
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