

FITNESS

BINGO



SAW MILL CLUB

Tuesday 1/13–Tuesday 2/24 (6 full weeks)

Name	Phone	E-Mail
------	-------	--------

Write down 3 Fitness / Health Goals you have for this year _____ Trainer (or G-SMC staff) initials	Walk or Run 1 Mile _____ Trainer (or G-SMC staff) initials	Log your Nutrition for 1 Week _____ Trainer (or G-SMC staff) initials	Stretching Session (5-10min) _____ Trainer (or G-SMC staff) initials	Do 1 of any Gladiator Challenge Exercise _____ Trainer (or G-SMC staff) initials
Take a Group Exercise Class _____ Trainer (or G-SMC staff) initials	Write a Google Review _____ Trainer (or G-SMC staff) initials	Inquiry with a trainer about Supplements _____ Trainer (or G-SMC staff) initials	Challenge yourself to hit a new Personal Record for an exercise _____ Trainer (or G-SMC staff) initials	Follow Genesis on Instagram and/or Facebook _____ Trainer (or G-SMC staff) initials
Workout with a Friend! _____ Trainer (or G-SMC staff) initials	** Do an InBody Body Composition Analysis _____ Trainer (or G-SMC staff) initials	Try a NEW Cardio Machine _____ Trainer (or G-SMC staff) initials	Sign up for G-Perks! _____ Trainer (or G-SMC staff) initials	Ask a Trainer for a Balance Exercise to work on _____ Trainer (or G-SMC staff) initials
1 min Plank // Advanced: 2 min Plank _____ Trainer (or G-SMC staff) initials	Check in to the club 3x/week (for 4 weeks during the program) _____ Trainer (or G-SMC staff) initials	Workout with a Family Member _____ Trainer (or G-SMC staff) initials	Sign up for a FREE 15 Stretch @ADelligatti.smc@gmail.com _____ Trainer (or G-SMC staff) initials	Complete 10 Pushups (Modify if needed) Advanced: 20 Pushups _____ Trainer (or G-SMC staff) initials
Do a NEW (to you) exercise _____ Trainer (or G-SMC staff) initials	Do the "World's Greatest Stretch" (ask a trainer!) _____ Trainer (or G-SMC staff) initials	Set a SMART GOAL for next month _____ Trainer (or G-SMC staff) initials	Ask a trainer about a Progression for you favorite exercise _____ Trainer (or G-SMC staff) initials	Discuss your workout plan with a trainer _____ Trainer (or G-SMC staff) initials

**Connect with Fitness Coordinator, Amy Delligatti to schedule your InBody Body composition analysis ADelligatti.SMC@gmail.com