

Pink Warrior

BINGO



Schedule your next mammogram appointment &/or encourage someone else to make one	Pick a habit to make or break for the month of October - share it on socials or with our group	Share your favorite healthy recipe on socials or bring copies to camp to share	Attend a follow me fit bootcamp session (live or YouTube) & post a FB check in	Take a picture of yourself doing a hard exercise while wearing pink and share it
Go 5 days in a row (or a week) making or breaking your Oct habit	Confirm you joined our private Facebook page & maybe invite an interested friend to join	Share a fun memory of the Pink Warrior you're honoring or memorializing with this challenge	Take a pic of meal or snack prep and post on social media	Bring a friend to bootcamp that has never been *have them register beforehand at followmefit.net 1st visit free
Order a healthy meal while eating out, tag me, and post a pic	Share a pic of your family, friend, or fur baby joining you for a workout or a walk	FREE SPACE	Go 3 days in a row (or half a week) making or breaking your Oct habit	Post a motivational quote that has been an inspiration to you on your journey
Suggest a new workout song for our playlist and post to social media	Read God's Word today and pray for your fitness and health efforts	Attend a follow me fit bootcamp session (live or YouTube) & post a FB check in	Challenge friends to a 50 push up & 100 squat challenge and post it	Go 5 days in a row (or a week) making or breaking your Oct habit
Encourage someone in their fitness efforts - let them know you see them working hard	Do a fun fitness activity you don't normally do - hike, bike ride, walk at the park, tennis, swim, burpees :), etc.	Wear pink on at least two October Wednesdays	Tag a friend to let them know they have inspired you	Post a review on Follow Me Fit Facebook business page

use #followmepink, #followmefit, & tag @Shelley Blount Scott in all social posts

In honor or memory of:

My Name:

I do this challenge to honor your brave fight.

You're my inspiration to not give up!!



Challenge Prize Rules

- **Official challenge dates:** October 1st thru Wednesday, October 26th at 8:15am
- **Prize Drawing:** Anyone that has done all 25 squares will be placed in the drawing for a Free November All Access Boot Camp Pass. This includes November Live and On-Demand. In case no full cards are submitted, we will take the card(s) with the highest number of completed squares and draw for a tie breaker if needed.
- **Submission:** Cards may be submitted in person or digitally (text/email) on or before October 26th at 8:15am. Late entries will not be accepted.
- **Hashtags:** All challenge related shares must use the hashtags: **#followmepink** & **#followmefit** and must tag me **@shelley blount scott (FB)** or **@shelleyb_s (IG)**. If you don't use social media at all, talk to me and we can devise a plan for how you will do your shares to get credit.

Specific Square Rules or Modifications

- **Mammogram:**
 - If you're too young for a mammogram, you may mark this box if you urge someone of the appropriate age to book theirs.
 - You don't get to check this box just because you have had your mammogram this year. You have to make your next appointment or set a reminder to make it at a later date for next year.
- **Attend a followmefit boot camp session:**
 - If you are unable to attend a Live followmefit Boot Camp class, you may do an at home followmefit On-Demand video to satisfy this square. See video link in October blog post.
 - Remember to check in at followmefit on FB regardless if you're there live or using a video.
- **Bring a Friend that has never been:**
 - I will classify someone that has never been as anyone that hasn't been in the last 6 months. So it's totally ok to invite a former boot camper.
 - I will also give you credit on this square if you invite someone to do one of the at home workout videos. You can send them the playlist link from the October blog post, but they must share something about it on socials and tag you (as who invited them) and me (so I'll see the post) in order for you to get credit for the invite.
 - Any new camper will need to fill out the online registration form before class so I will have their waiver on file. A link to this form can be found on my website at followmefit.net under the "camp" tab, at the bottom of the page. Doing it ahead of time will save class time.
- **Challenge friends to a 50 push up and 100 squat challenge:**
 - If you challenge someone, you also have to do it for you to get to mark off the square. You and those you challenge have until the close of the challenge to get them done (Oct 26, 8:15am).
- **Join our Private FB group and write a review on my business FB page:**

Private FollowMeFit FaceBook Group: facebook.com/groups/followmefit
FB business Page: facebook.com/followmefit.shelley. I will also accept a google review.

Clickable links can be found in the October Blog Post at followmefit.net

