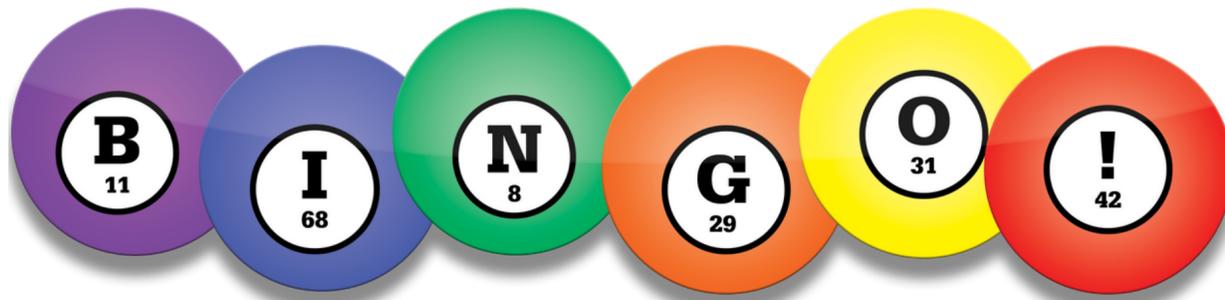


STUDIO 3 CHARITY BINGO



FULL NAME _____

EMAIL ADDRESS _____

TRACK YOUR
MACROS
FOR 1 WEEK
@MYFITNESSPAL

10,000 STEPS
EVERYDAY

TAKE THE STAIRS
AND PARK
FURTHEST FROM THE
DOOR

WORKOUT X3
A WEEK

POST YOUR
WORKOUT PIC X4
@STUDIO_TWENTY_3

COOK A MEAL FROM
STUDIO TWENTY 3
COOKBOOK X4

RUN, CYCLE, ROW
30MINS

FITNESS TEST
AT START & FINISH
SQUATS OR
PRESS UPS
60S

DRINK 2L OF
WATER A DAY

SET AND ACHIEVE
OWN GOAL!

1 MIN PLANK
OR
WALL SIT

TAG A FRIEND TO
JOIN YOU IN A
WORKOUT

Please hand into the studio or email admin@studiotwenty3.co.uk