



# CLUB TRAINING BINGO

IF YOU ARE ABLE TO, GO ON A BIKE RIDE IN YOUR NEIGHBOURHOOD TO FIND THESE ITEMS. MARK OFF ON THE BINGO SHEET WHEN YOU SEE THE ITEM OR DO THE TASK.

B I N G O

Cleaned Bike	Visited a local bike shop	Went for a Run	Indoor fitness challenge	Watched Old Races
Made a new playlist	Rode 4 days in a row	Dreamed about cycling	Set a new record	Thanked your supporters
Got 8 hours of sleep	Zwift Group Ride		Pumped up my bike tires	Did a Yoga session
Journal today's success	Rode out of the saddle	Tried a new skill	Did bike maintenance	Uploaded a ride on Strava
Watched athlete Q&A	Mastered a new skill	Rode a different bike type	Designed your own workout	Journal today's obstacles