



The
WELLNESS
BINGO
Challenge

A 5 - DAY
FUN + NEW APPROACH
TO GET HEALTHY

www.tightenup.com.au

WELCOME TO THE *Wellness* **BINGO** *Challenge!*

Studies show that when you track your habits, you not only reach your goals faster – but you can actually blow right through them for even better results!

Holding yourself accountable helps you be consistent, which is one of the keys to success.

And that's exactly why we've created our brand new "Wellness Bingo" board ... to turn accountability into a game that makes it FUN for you to stick with your habits.

At TIGHTEN UP, we help our clients create a lifestyle that helps them live each day to its fullest!

Ready to get started? Let's go!



Jewelz

Founder of Tighten Up
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HOW TO PLAY

Wellness BINGO

You've got 5 consecutive days to complete your Bingo Card!

You'll notice that each day on your Bingo Card has its own column. Every time you complete a particular activity on a given day, cross off your square!

Your goal: This depends on you!



**FOR ULTIMATE RESULTS,
TRY TO FILL IN EVERY BLOCK
OF EVERY DAY.**

What do you win?

This is the fun part. Plan your reward ahead of time – something that is aligned with your goals!

It could be a new pair of training shoes, a massage, a new book ... or trying a new smoothie at your fave juice bar! Make it fun and something you will look forward to earning.

Every week this month, print out a NEW copy of your Bingo Card, fill in the blocks, and watch your results go through the roof!

Wellness BINGO

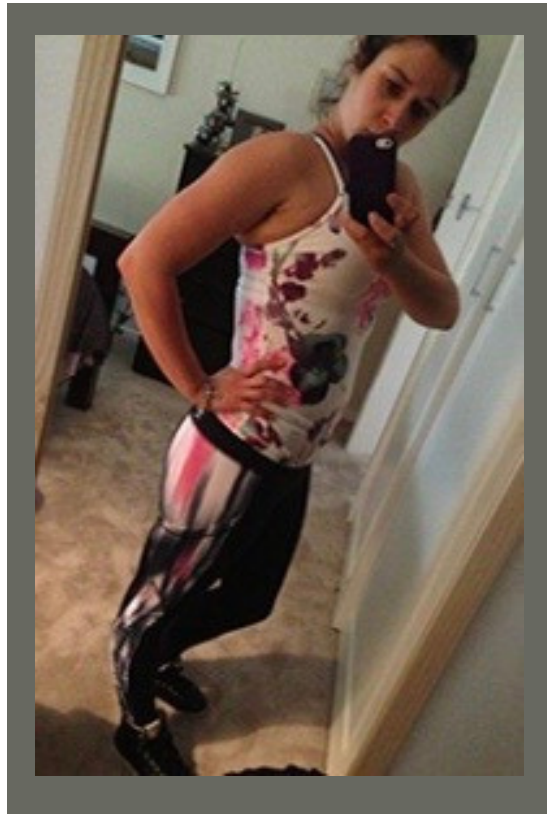
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Eat a Whole Foods Based Diet	5 Minutes Meditation or Breath Focus	Drink 8+ Glasses of Water	7+ Hours of Sleep	Work Out
Work Out	Eat a Whole Foods Based Diet	5 Minutes Meditation or Breath Focus	Drink 8+ Glasses of Water	7+ Hours of Sleep
7+ Hours of Sleep	Work Out	Eat a Whole Foods Based Diet	5 Minutes Meditation or Breath Focus	Drink 8+ Glasses of Water
Drink 8+ Glasses of Water	7+ Hours of Sleep	Work Out	Eat a Whole Foods Based Diet	5 Minutes Meditation or Breath Focus
5 Minutes Meditation or Breath Focus	Drink 8+ Glasses of Water	7+ Hours of Sleep	Work Out	Eat a Whole Foods Based Diet

CHECK OUT OUR *Amazing* CLIENTS



Valerie

Gained confidence.
Improved sleep.
More energy.
More active and happy.
Went clothes shopping.
Lost 19.2kg.



Bek

Gained confidence.
Feels strong and alive.
Changed my life.
"Strong is Sexy"
From a size 16 to 10.
Lost 10kg.

YOU

Deserve It!

When you care for your body with healthy habits, you feel GREAT.

It helps you get the most out of each and every day.

Here at TIGHTEN UP, we specialize in helping our clients feel fitter, stronger, and healthier.

- ✓ A proven plan so you know exactly what to do and how to do it (no guesswork!)
- ✓ Support
- ✓ Motivation
- ✓ Accountability
- ✓ Coaching in other areas that affect your results (stress, sleep, workouts, and more)

Our SMALL GROUP TRAINING Program works because of our PROVEN & SUCCESSFUL PLAN. This special offer expires at Midnight on 30th November or until our 30 spots are gone.

Let's do this!



Jewelz

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\$99 UNLIMITED

SMALL GROUP TRAINING DEAL

More information goes here.

[LEARN MORE HERE](#)