

Best Life Ever

60 DAY CHALLENGE



BINGO

Practice in the Front Row	Drink only Kangen Water for 7 days in a row	Make a Recipe from Health & Bliss for Life's website	Take class 4 days in one week	LIKE our FB page and post a positive thought	Take Nora Jeanne's B90Y True Fix	Attend the Brain Fitness Strategies Presentation
Take Blandine's B90Y True Fix	Attend the LIQUID Float Spa flotation talk	Take class on a weekend	Attend Nora Jeanne's Intro to EFT Presentation	Take a 5:15 a.m. Class	Take Colin's Hope Water Safety Quiz	Take a B30Y Strength Class
Share a breakthrough on BeneFIT's FB page	Take a B50Y Quick Fix & B30Y Hips Class Combo	Attend Sakhyam Dance Performance	Do Step 5 from People's Anonymous	Take Tracey's B90Y True Fix	NEWS Fast! Go 1 week without any NEWS!	Attend Jim's Midlife PLAY BOOK Presentation
ALCOHOL Fast! Go 1 week without any alcohol	Keep a daily Gratitude Journal for 1 week	Attend Nora Jeanne's Vision Workshop	Donate \$25 to Colin's Hope	Help a stranger in need	Attend Health & Bliss 5 Pillars Presentation	Take class 7 days in a row
Volunteer for Colin's Hope	Honor the Day of the Dead Tradition	Take Susan's B90Y True Fix	LIKE all our sponsors' FB pages	Attend the People's Anonymous Talk	Double Up! Do 2 classes in one day	SUGAR Fast! Go 1 week without any refined sugar
Do Step 4 from People's Anonymous	Take Teresa's B90Y True Fix	Attend Dr. Gu's Body-Mind-Spirit Talk	CAFFEINE Fast! Go 1 week without any caffeine	Bring in a friend for their first class at BeneFIT	Wear your Halloween Costume In class	Donate \$100 to Colin's Hope
Attend NJ's Basics for Body Health presentation	Do three exercises from Midlife PLAY BOOK	Take a weekday evening class	Take Karen's B50Y Quick Fix	Attend Health & Bliss for Life Nutrition Talk	Volunteer at your favorite charity	Take Connie's B90Y True Fix

1st Bingo

FREE
drink of your choice

2nd Bingo

FREE
Yogananda's Law of Success book

3rd Bingo

FREE
½ lb. Himalayan Pink Salt

4th Bingo

FREE
CAV CARD

5th Bingo

15% OFF
one retail item

6th Bingo

FREE
Best Life Ever Challenge Towel

Black Out!

10% OFF
a high ticket investment at BeneFIT*

* purchase by 12/31/2017