



- Print out your card at the beginning of the challenge period: May 1, 2020.
- Mark off each item as you complete it. Log your miles for fitness activities at tailonthetrail.org.
- For running/walking/biking activities, you may substitute a treadmill, exercise bike, or elliptical.
- Each time you get a BINGO, add five miles and choose "BINGO BONUS" as your activity (limit one BINGO BONUS per week). If you get a blackout (full card complete) by May 31, 2020, log an additional 5 "BINGO BONUS" miles!
- Have fun, be safe, and don't forget to send us photos of you playing Get Your Tail on the Trail BINGO with the tag #165challenge!

Feel free to contact us with any questions through Facebook messenger or by email at tailonthetrail@gmail.com.