



# CLUTCH CHALLENGE

*"Personal Development Bingo"*



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# Personal Development


B I N G O


Finish 1 Book	Complete To-Do List	1 Day No Internet	Donate To Charity	Visit With Elderly
Nature Awareness Day	Meditate 3 Times	Listen To A Full Album	Spend 10 Hrs Outdoors	Read The Actual Study
1 Day "Fast"	Have The Tough Convo		Watch A Foreign Film	Go To A New Place
Make Intimidating Recipe	Organize A Room	Log Training For 1 Week	Go To Play/ Concert	1 Day No Social Media
Walk 8 Miles	Ask Close Friend 10 Questions	Visit A Museum	Write Thoughts For 1 Day	Detail Plan Next Vacation

*\*Note: Please see Challenge Disclaimer & Rules at the end of the document.*

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## How To Play

- - - - X

Like traditional bingo, mark off five across, diagonal, or down in order to get bingo. There are also “X” and “full card” bingo wins.

## How To Enter For Bingo Drawing?”

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1. Follow me at @leighpeelee
2. Share one or many posts with a picture of your card/list/squares/activity
3. Use these two hashtags in your posts: #personaldevelopment and #LPbingo

That’s it.

**If you are a member and not on Instagram, you can participate in the posts created in the group.**

## 25 Days To Do As Many Blocks As You Can

- - - - X

Here’s a list and explanation of each square.

### **Finish A Book**

I’m a bit guilty of starting books but not finishing them. Sometimes it’s because they aren’t good (I trade those in and don’t waste my time); however, sometimes I’m waiting for the right moment to finish it or I get distracted and prioritize other reads. Point is, finish the whole book.

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### **Nature Awareness Day**

I'm a big believer in being better to the natural world and animals around us. Take one day and try to acknowledge your surroundings from the smallest ants crawling on the sidewalk to the age of the trees sprouting from the earth. We all start and end with what's outside our doors. Take the day to look more closely and intensely at the living world often overlooked.

### **1 Day "Fast"**

Let me disclaimer: All diet alterations need to be approved by your RD or GP before starting. With that clear, this is not about not eating all day, although it can be if desired. It's more about spacing out your feeding window and challenging your eating comfort zone. Be it a 16 hour window or 24 hour one, play with your meal timing.

### **Make Intimidating Recipe**

Cooking is important to me and a big foundation of my world. Challenge the comfortability of your cooking abilities. For some, it may be eating food not cooked in the microwave, and for others (me), it's breaking in a new Tajine pot.

### **Walk 8 Miles**

It can be broken up over the day, but the point is to stretch your typical boundaries. If you have an injury or issue, don't feel discouraged. You can bike, row, or swim instead.

### **Complete To-Do List**

People make a lot of lists but don't always check them off. You might have picked up on the themes of this challenge: testing your comfort zones and finishing or experiencing things. This one tackles both.

### **Meditate 3 Times**

There are all types of meditation styles. Choose one that's right for you, but

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make sure, over these next 25 days, to do three full sessions of whatever type you choose.

### **Have The Tough Conversation**

If you've been putting off a difficult conversation, now is the time to have it. It doesn't have to be family therapy, it can be catching up with a business colleague or reaching out to an editor. If you've been avoiding something like this because it's hard or you're scared, now's the time to give it a shot.

### **Organize A Room**

Be it a closet or the entire room, clean it out and get it arranged.

### **Ask Close Friend 10 Questions**

Sometimes the people we've known longest are the ones who don't get the attention they deserve. Make believe you've just met your best friend, spouse, parent, whomever for the first time again.

### **1 Day No Internet**

Odd because this is an internet challenge, but unplugging is important. Take one day and don't check Facebook, your email, or any news.

### **Listen To A Full Album**

Rather than listening to random playlists or radio stations, take the time to pick one album and listen to it, with meaningful attention, from beginning to end.

### **Log Training For 1 Week**

Warm-up to cardio or PRs. If you've been slacking on the details, take the time to write things down and tinker with your programming.

### **Visit A Museum**

If the closest thing you have is a coffee table art book, that works too. Ideally, wander around a museum or immerse yourself in works of art at a local gallery wherever you are in the world.

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**Donate To Charity**

It can be time, cash, or things—simply put, give back.

**Spend 10 Hours Outdoors**

Hike, walk, swim, or play. Spend a total of 10 collective hours outdoors.

**Watch A Foreign Film**

Foreign films aren't just about reading subtitles, they are about reading culture, body language, and cinematic movement.

**Go To A Play/Concert**

Without holding your phone aloft, take in a few hours of live entertainment. It's like YouTube but IRL.

**Write Thoughts For 1 Day**

Take one day to write down everything you can think of that passes through your mind from the time you wake in the morning to when you fall asleep at night. See what weird and beautiful things pass through that mind of yours.

**Visit The Elderly**

If lucky, we will all move into the elderly stage of life. In many countries, the way we treat our elderly is tragic, not to mention bizarre, considering they will be us in the blink of an eye.

**Read The Actual Study**

Instead of reading books or articles referring to a study and its takeaways, take time to read just one complete study in order to understand the process on a deeper level.

**Go To A New Place**

Sometimes the most interesting places are right under our noses. Go

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somewhere you've never been in your own city or town.

### **1 Day No Social Media**

You can do this on "No Internet Day" and kill two squares at once.

### **Detail Plan Your Next Vacation**

If your dream vacation is to sit and read by the pool all day, that counts too. If you're going somewhere and want to explore, take some extra time to plan a vacation you might not have expected.

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“Learn how to be happy with what you have while you pursue all that you want”

— Jim Rohn

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Prizes

“What Do I Get For Completing 5 In A Row?”

- - - - x

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Pride in your hard work and the knowledge you gained.

No? Not enough. Okay.

I'll enter you in a drawing for one free month of membership, a t-shirt, and a copy of my new book when it hits print.

“What If I Get X Bingo?”

- - - - X

I'll enter you in a drawing for a 45 minute phone consult with me on any topic, one free month of membership, a t-shirt, and a copy of my new book when it hits print.

“What If I Get Full Card Bingo?”

- - - - X

I'll enter you in a drawing for a custom coaching program in body composition or development, one free month of membership, a t-shirt, and a copy of my new book when it hits print.

I'll Finish With...

Have fun with this. Make your own cards. Play along with mine. Test your boundaries.

Let's get it.

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If you would prefer to have some extra help from me, Leigh Peele, and my pack, join my membership for only \$9 (monthly). You'll also get access to extra audios, articles, calculators, and so much more.

Join Now: <http://www.leighpeele.com/membership>

## Challenge Disclaimer & Rules

The Personal Development Bingo Challenge is in no way sponsored, endorsed or administered by, or associated with Instagram.

This challenge is created and run by Leigh Peele/Avidity Fitness LLC.

This challenge begins Monday, July 1st at 12:00am EDT and ends Friday, July 26th at 11:59pm EDT.

Winners will be chosen by random draw only for the participants that complete at least 1 BINGO line and show proof of this on Instagram (or in Leigh Peele's Private Facebook Group for Member's Only).

Winners will be announced on Leigh Peele's Instagram page:

<https://www.instagram.com/leighpeele/>

If you win, you will be contacted by Leigh Peele, or her staff, with further instructions on how to claim your prize. You are not responsible for paying any shipping or any charges.

### **CONTEST And Giveaway RULES AND LEGAL DISCLAIMER**

Only one (1) winner per contest/giveaway unless otherwise specified.

Avidity Fitness LLC, its staff, and its owners reserve sole and final judgment as to all matters concerning contests and interpretation of contest rules. By

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entering any event, contest, or giveaway run by Avidity Fitness LCC, you agree to abide by the following terms.

### **How To Enter/Eligibility**

Contestants must be over 18 years of age..

Contestants DO NOT need to be subscribed to newsletters.

Contestants DO NOT need to be affiliate or associates in any way.

Win as many times as you can! We don't put a limit on your how many contests you can win in a year!

Keep your email address current. If we cannot contact you by email, you forfeit your winnings.

Make sure your email filters do not prevent us from contacting you.

### **Contest Deadlines**

Each contest/giveaway has its own deadline.

All entries must be submitted on or before midnight EST on the date set forth for each specific contest.

### **Winner Selection and Notification**

The odds of winning vary from contest to contest due to the number of entrants and the quality of entries.

The decisions made by the judges regarding each contest or drawing are final and binding.

### **Winner Disqualification**

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If a winner cannot be reached after a reasonable amount of effort has been made to notify the winner of the prize, the winner forfeits his/her rights to the winning prize. If a winner does not get in touch with the prize sponsor(s) within 29 days of winning, the winner forfeits his/her prize.

If an email returns undeliverable, the winner forfeits his/her rights to the prize.

Avidity Fitness LLC assumes no responsibility to ensure winner response.

### **General Conditions**

All taxes on any prize won are the sole responsibility of each winner, including, without limitation, any federal, state, or local taxes, which may be deemed applicable in such winner's jurisdiction of residence. Winner(s) shall be solely responsible for the reporting and payment of all taxes incurred by acceptance and use of the prize(s) (or any portion thereof), if applicable.

All prizes will be mailed to U.S. participants free of charge.

If the winner is of another country, alternative payment arrangements will be made. Value will not exceed the USD stated value of each contest.

All prizes distributed to winners are the sole responsibility of the prize donor(s). Delivery method is at the sole discretion of the prize donor(s).

Avidity Fitness LLC reserves the right to cancel contests at any time for any reason.

Avidity Fitness LLC reserves the right to modify the dates and/or terms of contests at any time without prior notice.

Contests are subject to all federal, state and local laws and regulations and shall be governed by NC law. By participating, entrants agree that NC courts shall have exclusive jurisdiction over any dispute or litigation arising from or relating to the contest/giveaway.

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Prizes may not be substituted or transferred by any contest/sweepstakes winner and a winner may not receive cash redemption equal to the value of the prize in lieu of the prize.

Avidity Fitness LLC reserves the right to substitute alternate prizes of equal or comparable value.

Prizes are offered “as is” with no written, express, or implied warranty. Avidity Fitness LLC is not responsible for replacing prizes as a result of damage prior to, during or after shipping or events beyond the control of Avidity Fitness LLC.

Avidity Fitness LLC is not responsible for late, lost, illegible, misdirected, mutilated or incomplete entries.

Anyone using fraudulent means to participate and/or win the contest will be disqualified. ANY ATTEMPT BY AN ENTRANT TO UNDERMINE THE LEGITIMATE OPERATION OF THE CONTEST MAY BE A VIOLATION OF CRIMINAL AND CIVIL LAWS. SPONSOR RESERVES ALL RIGHTS, INCLUDING THE RIGHT TO SEEK REMEDIES AND DAMAGES (INCLUDING ATTORNEYS’ FEES) FROM ANY ENTRANT ATTEMPTING TO DO SO TO THE FULLEST EXTENT OF THE LAW, INCLUDING REPORTING SUCH ACTIVITIES TO THE APPROPRIATE AUTHORITIES WHICH MAY RESULT IN OR LEAD TO CRIMINAL PROSECUTION.

Avidity Fitness LLC reserves the right, in its sole discretion, to cancel, modify or prematurely conclude a contest should any computer virus, malfunction, fraud, tampering, unauthorized intervention or other cause beyond their control corrupt the administration, security or proper operation of the contest.

In the event a contest is canceled prematurely for any reason, Avidity Fitness LLC will use reasonable efforts to pick an alternate winner, but in the event an alternate winner cannot be determined, the prize(s) will not be awarded..

### **Contestant Releases**

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Acceptance of prize constitutes permission to use winners name, city, state, and winning entry for promotional purposes unless otherwise stated.

Contest entry constitutes permission to use winning submissions on Avidity Fitness LLC website and its affiliated websites without further compensation. Furthermore, entry constitutes permission to archive your winning entries indefinitely on any webpage on this website.

Contestants agree that the sole and final judgment as to all matters concerning contests and interpretation of contest rules are at the sole discretion of Avidity Fitness LLC, its owners, and its staff.

### **Releases/Hold Harmless**

Avidity Fitness LLC, its owners, its staff, its affiliates, its advertisers, and its prize donors are not liable or responsible for:

Any claims, damages, losses, injuries, or death—including any third party claims—arising from or relating to, in whole or in part, any contest, including entry and participation in any contest and acceptance, possession, use or misuse of the prizes.

Entries that do not follow guidelines.

Entries and responses to winner notifications that are illegible, incomplete, late, lost, misdelivered, marked postage-due, or undeliverable.

Any technical or human errors, malfunctions, failures, etc. resulting in participation of contests.

### **Prize Releases**

Avidity Fitness LLC, its owners, its staff, its affiliates, and its advertisers are not liable or responsible for:

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donors (sponsors) who do not follow through with delivery of prizes. Prizes that are lost in the mail, arrive damaged, are defective, or have other unforeseen problems or substituting another prize in lieu of the original prize.

### **Privacy**

We will not sell your address or personal information. Your address is required so that the contest sponsors may send your prize, should you win.

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