



BIKE BINGO

Tag [@thedesertdose](#) as you play and use #bikebingo

<p><u>Track Stand Challenge</u> <i>solo or w/ a friend</i></p>	<p>Ride a New Trail</p>	<p>Watch Bike Videos: Visualize Positive Outcomes</p>	<p>Play at a Pump Track / Bike Skills Zone</p>	<p>Get a Friend to Play Bike Bingo with You</p>
<p>Clean Your Bike</p>	<p>Practice <u>The Rock Dodge</u></p>	<p>Practice Roll Down Lunges</p>	<p>Video Your Skills on Your Ride: Review Video Post Ride</p>	<p>Sign Up to Volunteer at a Local Dig Day</p>
<p>Reflect on Your Self-Talk: On + Off the Bike</p>	<p>Play the Slow Game Challenge <i>with a buddy</i></p>	<p>FREE SPACE</p>	<p>Write a Positive Mantra: Make it Visible <i>so you see it everyday</i></p>	<p>Practice <u>Small Circles Skills</u></p>
<p>Practice Dismounting <i>Both Sides</i></p>	<p>Practice <u>Wheel Lifts</u></p>	<p>Go Trail Riding + Session Features</p>	<p>Practice Jumps and/or Drops</p>	<p>Play a Game of Dab / Foot Down <i>with a friend</i></p>
<p>Plan a Bike Trip!</p>	<p>ABC Bike Check + Bike Tune Up</p>	<p>Share an Encouraging Phrase to a Fellow Rider</p>	<p>Practice Cornering</p>	<p>Call a friend to ride together this week</p>