

25 DAYS OF

OUTBINGO

100 + 53 Push Ups	Join your local OUT chapter	Wall Sit 1:53	Visit a local gym on our map	Volunteer at Local LGBTQ+ Org
Go for a stroll	Watch two ChillOUT lives	Do 53 jumping jacks	Donate \$100 to OUT!	Share an OUT post
Support your local Drag Show	100 + 53 Sit Ups		Yoga Session	You're awesome! Say something kind about yourself
Go for a jog	Practice Gratitude	Donate \$53 to OUT!	Attend a pride event	Go for an 1hr + 53 min jog
'You Better Work' 53 Minute Dance Session	1:53 Seconds of Deep Breathing	Attend your local OUTAthletics event	Swim 153 yards (just over 6 lengths of a pool)	100 + 53 Air Squats

CELEBRATING 53 YEARS OF PRIDE