



PLAY HEALING-CENTERED
SPORT BINGO. GOING ALL-IN
ON THE MOVEMENT? AIM TO
FILL THE WHOLE CARD.
GOOD LUCK!

FOLLOWED
@CHJSORG
ON ALL SOCIALS

MADE A 2024
DONATION
TO CHJS

SUBSCRIBED TO
'STAY IN THE
KNOW'
FOR CHJS
UPDATES

PRACTICED A
SELF-REGULATION
ROUTINE BEFORE
COACHING

COMPLETED THE
HEALING-
CENTERED SPORT
CHECKLIST

ATTENDED A
CHJS TRAINING

MADE A 2024
DONATION TO
YOUR FAVORITE
SBYD
ORGANIZATION

READ AND
SHARED THE
COACHING GIRLS
GUIDE WITH TWO
FRIENDS

READ AND
SHARED THE
NOTHING HEALS
LIKE SPORT
PLAYBOOK WITH
TWO FRIENDS

FREE SQUARE
TOOK ACTION ON
BEHALF OF THE
MOVEMENT IN
YOUR OWN WAY

READ
'WHAT HAPPENED
TO YOU'
BY DR. BRUCE
PERRY & OPRAH
WINFREY

LISTENED TO
ALL EPISODES OF
'COACHING WHILE
BLACK'

CHATTED WITH
CHJS ABOUT
DESIGNING AND
TRAINING YOUR
PROGRAM TO BE
HEALING-CENTERED

READ
'THE FOUR PIVOTS'
BY DR. SHAWN
GINWRIGHT

INQUIRED ABOUT
SERVING AS AN
NHLS
AMBASSADOR
AT CHJS

ATTENDED A
CONFERENCE OR
CONVENING FOR
PLAY/SPORT
EQUITY

