

JUNE GET OUTSIDE CHALLENGE

June is National Outdoors Month, so take us on the go with you this summer! From June 16th–June 30th track a wellness habit on the Burnalong app or your desktop. If going outside isn't your thing, no big deal! Commit to another wellness habit for 15 days such as drinking water.



DETAILS OF THE CHALLENGE

- Kick off the summer with our wellness habits challenge
- June 16th–June 30th track a wellness habit in the app or on desktop, like going outside or drinking water
- Complete the habit 15x during the challenge to be entered to win a summer-themed prize pack

HOW TO PARTICIPATE

- Log into Burnalong and update your wellness habits to reflect what you want to focus on in June (found in your profile)
- Track your progress each day by updating your habits
- Try to engage in your selected habit(s) 15x by June 30