



HOW TO USE YOUR DIGITAL PUNCH CARD

**For b-ginners, experts,
champions, and managers**

HERE ARE A FEW IDEAS FOR YOU:

- Select a category on Burnalong and challenge your team to take at least one class per month in the category to win prizes
- Challenge managers to start at least one meeting per month with a quick mindfulness or stretching class to win
- Schedule and complete at least one group or open door class per month to keep things social
- Ask your teams to take classes in three unique environments, one each month (i.e. beach, mountain, backyard, in a cave)
- Get new members excited by challenging them to take any three classes, at least one a month, for their first quarter
- Choose three classes that focus on nutritious recipes and fill out the card each time you make the recipe on your own