

## 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