



burnalong

FALL INTO WELLNESS BINGO CHALLENGE

- 1 Complete one vertical or horizontal column (BINGO) between 10/9 – 10/29.
- 2 Send a picture of completed BINGO card to: b.long@burnalong.com
- 3 Be entered to win a special Burnalong prize!

TAKE A WALKING/ HIKING CLASS

TAKE A NUTRITION CLASS

TAKE A STRESS MANAGEMENT CLASS

ENJOY A TAKE 5 CLASS

VISIT HOW TO NAVIGATE BURNALONG PLAYLIST

BEGIN A MEETING WITH A STRETCH

LOG GRATITUDE IN WELLNESS HABITS

LEAVE A CLASS REVIEW

CREATE A PLAYLIST

TAKE A LIVE CLASS

FOLLOW AN INSTRUCTOR

UPDATE YOUR GOALS

ADD A SUB-ACCOUNT

UPDATE YOUR INTERESTS

LOG WATER IN WELLNESS HABITS

TRACK YOUR STEPS

FOLLOW A PLAYLIST

JOIN A COMMUNITY

RATE A CLASS

TAKE AN OPEN DOOR CLASS

TAKE A MINDFULNESS CLASS

TAKE A FINANCIAL CLASS

TAKE A FITNESS CLASS

TAKE A GRATITUDE CLASS

TAKE A SLEEP CLASS

Bingo