

January

01/2024

burnalong®

Intentional
goal setting



January playlist

Start your 2024 strong with fun workouts, new recipes, mindfulness, and a fresh mindset!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p><u>Meditation</u></p> <p>♥ Meditation 🕒 17 min</p>	<p>2</p> <p><u>Stretch</u></p> <p>♥ Mindfulness 🕒 17 min</p>	<p>★ 3</p> <p><u>Nutrition</u></p> <p>♥ Healthy Recipe 🕒 3 min</p>	<p>4</p> <p><u>Cardio</u></p> <p>♥ HIIT, Strength 🕒 52 min</p>	<p>5</p> <p><u>Education</u></p> <p>♥ Wellness Learning 🕒 10 min</p>	<p>★ 6</p> <p><u>Strength</u></p> <p>♥ Strength 🕒 30 min</p>	<p>7</p> <p><u>Mindfulness</u></p> <p>♥ Boundaries 🕒 11 min</p>
<p>8</p> <p><u>Mindfulness</u></p> <p>♥ Stress Management 🕒 7 min</p>	<p>9</p> <p><u>Yoga</u></p> <p>♥ Yoga 🕒 31 min</p>	<p>10</p> <p><u>Nutrition</u></p> <p>♥ Education 🕒 16 min</p>	<p>11</p> <p> <u>User Event</u> 12:00pm</p>	<p>12</p> <p><u>Education</u></p> <p>♥ Tobacco Cessation 🕒 22 min</p>	<p>★ 13</p> <p><u>Strength</u></p> <p>♥ Abs, Glutes 🕒 55 min</p>	<p>★ 14</p> <p><u>Mindfulness</u></p> <p>♥ Journaling 🕒 18 min</p>
<p>15</p> <p><u>Meditation</u></p> <p>♥ Stress Management 🕒 15 min</p>	<p>16</p> <p><u>Stretch</u></p> <p>♥ Stretch & Restore 🕒 20 min</p>	<p>17</p> <p> <u>User Event</u> 12:00pm</p>	<p>★ 18</p> <p><u>Cardio</u></p> <p>♥ Walking 🕒 19 min</p>	<p>19</p> <p><u>Education</u></p> <p>♥ Brain Health 🕒 13 min</p>	<p>★ 20</p> <p><u>Strength</u></p> <p>♥ Strength, Cardio 🕒 25 min</p>	<p>★ 21</p> <p><u>Goal Setting</u></p> <p>♥ Education 🕒 10 min</p>
<p>22</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 2 min</p>	<p>23</p> <p><u>Yoga</u></p> <p>♥ Hatha Yoga 🕒 30 min</p>	<p>24</p> <p><u>Nutrition</u></p> <p>♥ Healthy Recipe 🕒 5 min</p>	<p>25</p> <p> <u>User Event</u> 12:00pm</p>	<p>26</p> <p><u>Education</u></p> <p>♥ Blood Pressure 🕒 6 min</p>	<p>★ 27</p> <p><u>Strength</u></p> <p>♥ Strength, Stretch 🕒 9 min</p>	<p>★ 28</p> <p><u>Pep Talk</u></p> <p>♥ Life Coaching 🕒 1 min</p>
<p>29</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 1 min</p>	<p>★ 30</p> <p><u>Yoga</u></p> <p>♥ Yoga, Strength 🕒 20 min</p>	<p>31</p> <p><u>Nutrition</u></p> <p>♥ Education 🕒 11 min</p>				

★ Featured Partner