

HOLIDAY BINGO CHALLENGE

- 1 Complete one vertical or horizontal column (BINGO) within 30 days.
- 2 Send a picture of completed BINGO card to: b.long@burnalong.com
- 3 Be entered to win a special Burnalong prize!



RATE A CLASS UPON COMPLETION	TAKE A MINDFULNESS CLASS	TAKE 3 CLASSES IN 1 WEEK	TAKE A STRETCH AT YOUR DESK CLASS	TAKE AN OPEN DOOR CLASS
INVITE ONE NON-FAMILY MEMBER TO BURNALONG	LEAVE A COMMENT ON A CLASS	FOLLOW AN INSTRUCTOR	ENROLL IN A PROGRAM	FOLLOW A PUBLIC PLAYLIST
PUT AN ALTERNATIVE EMAIL IN YOUR PROFILE	TELL A COWORKER ABOUT BURNALONG	LOG YOUR SLEEP IN WELLNESS HABITS FOR 1 WEEK	CREATE A NEW GOAL IN BURNALONG	CREATE A NEW GOAL IN BURNALONG
LOG YOUR WATER INTAKE IN WELLNESS HABITS FOR 1 MONTH	TAKE A FINANCIAL CLASS	TAKE A NUTRITION CLASS	TAKE A LIVE CLASS	INVITE ONE FAMILY MEMBER TO BURNALONG
LOG GOING OUTSIDE IN WELLNESS HABITS FOR 1 MONTH	TAKE A NUTRITION CLASS	CREATE A PLAYLIST	INVITE ONE FAMILY MEMBER TO BURNALONG	TAKE A GROUP CLASS

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