

b BINGO CHALLENGE



Visit a new gym

Take an early morning fitness class

Visit a gym while traveling

Follow Burnalong on Instagram

Get 6-8 hours of sleep for 3 nights

Visit a gym 3 times in one week

Utilize this playlist to navigate the gym equipment

Ask a coworker to join you at the gym

Listen to a Burnalong audio while on the treadmill

Talk to someone new at the gym

Walk or bike to the gym

Try out a group fitness class

Eat veggies with every meal 3x in a week

Workout a muscle group you don't often focus on

Post a sweaty selfie on Instagram and tag Burnalong

Try out a machine (even if it intimidates you)

burnalong+