



2023

6

New Year, New You Challenge

For Full-Time Employees

January 11 – March 19

Earn at least 223 points in the Burnalong platform

- 1 Once logged in to your Burnalong account, go to your profile and select "Individual Challenges."
- 2 Click "Accept" to join the New Year, New You Challenge.
- 3 Points include the total number of classes, minutes, and wellness habits.

**As a reminder, you must be logged in to classes in Burnalong; workouts added from other devices and programs do not qualify for this challenge. Collin College will not receive details regarding courses taken, only the list of participants who exceed 223 points during the challenge.*

1 pt = per minute

15 pts = completing a class

5 pts = each wellness habit tracked

5 drawings winners will receive a \$50 voucher toward Collin College bookstores and cafés. Winners must earn at least 223 points in the Burnalong platform.

How to Use & Edit Wellness Habits Tutorial

burnalong

 join.burnalong.com/collincollege

