

7 Days to Avoid Burnout Challenge



Day 1	Day 2	Day 3
<p>DAY 1</p>  <p>Try out a workout with Neou! With thousands of pre-recorded workouts and daily live classes, you are sure to find something new to try!</p>	<p>DAY 2</p> <p>Visit your favorite local gym/studio on Gympass. Reserve a class at one of the studios, or try one of our full service options.</p>	<p>DAY 3</p>  <p>Check out the featured daily calm meditation on the Calm app</p>
<p>Working out can help to boost your mood, and give you more energy.</p>	<p>Encourage a family member, or colleague to join you. Working out with others is always more fun</p>	<p>Try a meditation to relax, or calm your mind at night with one of the sleep stories.</p>

Day 4	Day 5	Day 6	Day 7
<p>DAY 4</p>  <p>Schedule a session with a personal trainer on Gympass App to focus on meditation, guided stretching or yoga</p>	<p>DAY 5</p>  <p>Tired of the same boring recipes? Try out Lifesum to learn a new healthy recipe for you to enjoy. Lifesum is the #1 nutrition app in the world.</p>	<p>DAY 6</p> <p>Try an activity outside today! Anything to get your body moving</p>	<p>DAY 7</p>  <p>Start to create healthier habits using Fabulous. Fabulous is the #1 habit forming app in the world.</p>
<p>You can schedule up to 8 training sessions every month. Book with the same trainer, or try out different ones.</p>	<p>Fueling your body with the right nutrients can help boost your mood and give you more energy.</p>	<p>Going on a walk during lunch is a great way to break up your day and get outside. You can even track your steps using the Lifesum App.</p>	<p>Use these new habits moving forward to help you avoid burnout in the future.</p>