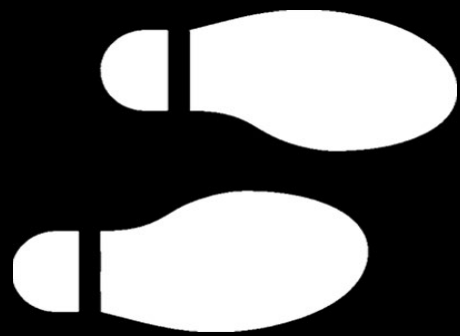


bingo!

Your challenge for November is to play a spot of bingo!
Check off as many squares as you can over the month.



Complete 10k steps



Spend 20 minutes
doing mindfulness



Do a workout on
The Other Room



Walk up and down
the stairs 5 times



Go for a walk



Lift some weights



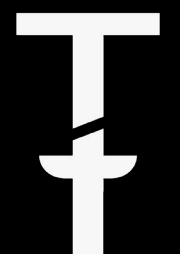
Cycle or run for
30 minutes



Do a yoga or
stretching session



Do 30 minutes of
your choice



thrive tribe