



2025 SPRING UNCHALLENGE



NAME: _____

Smash the Snooze x 3 <i>in one week</i> _____ _____ _____	FriYay! _____ _____	Haven Combo <i>in one week</i> _____ _____ _____	Movement Mashup _____ _____ _____
Happy Hump Day _____ _____	Bring a Buddy _____ _____	Rest & Digest _____ _____	Move & Groove with Friends _____ _____ _____
Yoga Experiment _____ _____	Movement My Way _____ _____	Class experiment _____ _____	Sneak an Off-Peak x 2 _____ _____ _____
Team Experiment _____ _____	Get Involved x 2 _____ _____	Midday Moves _____ _____	Share Your Wins _____ _____ _____

B O N U S T A S K S

Book Some Self Care

Buddy Up

Share The Love



How to Play

- Join the kick-off 'Not a Goals' Goals Session and plan out how you want to make the most of your Unchallenge!
- Check the key: Review the meaning of each Bingo task so you know exactly what counts.
- Stamp it! After every class you attend, sticker your Bingo card and write the date / name / action on your Bingo card as appropriate.
- Tasks that include (optional) social sharing can be posted to Instagram and tagged: Instagram: [@havenmovementsydney](https://www.instagram.com/havenmovementsydney). Sharing throughout is warmly welcomed to help Haven grow our community – but not compulsory.
- One stamp per task – except for any that require multiple – one sticker for each class / task (eg: Smash the Snooze: 3 x stickers, Haven Combo: 3 x stickers, Get Involved = 2 x stickers etc)
- No double-ups! Each completed task is independent of the others, eg 'Sneak an Off-Peak' cannot also be used for 'Hump Day'.

Let's Talk Prizes!

Prize 1 - Haven mini gift pack with sweater or Tee:

First to either a **Cross** or a **Z** - Complete any 8 tasks:

- a) 7 tasks in a cross **plus any one** of the bonus tasks; OR
- b) 8 tasks in a Z shape

Prize 2 - Haven Gift Pack with 1 month free, Facial / massage voucher, & Haven tee/sweater.

First to 'blackout' (or nearest to by 20th Sept) – complete all 12 tasks **plus any two** of the bonus tasks.

Claiming Your Prize!

Show your completed card to Anna or the team (a photo works too 📷) and we'll record you as the winner. Prizes announced and distributed on the final day after the Lifting Party (Sat 20th Sep).

Most Importantly, have fun!!