



DAILY THEME

CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					Roll Call ¹ Tell us who you are, where you're from, and your favorite kind of apple.	Back to School ² Share a picture from your school days.
Apple Gear ³ Celebrate this month of apples by wearing an apple themed outfit today.	Yummy ⁴ Share your favorite apple-based foods today.	Gala Day ⁵ Get dressed up in your fanciest attire and show us your best during your miles today.	Variety ⁶ 7,500 varieties of apples grown throughout the world. Incorporate a 7 and 5 today.	Honey Crisp ⁷ Enjoy a sweet treat after your miles today.	Apple Pie ⁸ Share your favorite apple pie recipe and maybe even enjoy a slice.	Apple a Day ⁹ Keep the doctor away by getting in some extra exercise on top of your miles today.
Cider Day ¹⁰ Cider-day Sunday, enjoy some delicious apple cider.	In Orbit ¹¹ John Glenn took applesauce into space. Wear an out of this world outfit today.	Apple Blossom ¹² Apple blossoms open pink and transition to white. Wear pink or white today.	Rome Day ¹³ Have some Italian today to go with your Rome apple.	Johnny Appleseed ¹⁴ Show us what you've planted and grown.	Red Delicious ¹⁵ Wear your best red outfit for your miles today.	Eat An Apple ¹⁶ Today is international eat an apple day. Enjoy one or more!
Record Breaking ¹⁷ The largest apple picked was four pounds. Set your own record today.	8% ¹⁸ Around 8% of apples produced in the US come from Michigan. Incorporate an 8 in your miles.	Apple Juggling ¹⁹ Show us your best attempt at some apple juggling today.	BINGO ²⁰ Get your miles and get a BINGO today!	Newton ²¹ Apples have a famous place in history. Fight gravity today and get some elevation gain.	Orchard ²² Embrace the orchard and get out into nature for your miles today.	How You Eat It ²³ Share your favorite way to eat an apple today.
Apple Stack ²⁴ Stack as many apples as you can and then incorporate that number into your miles.	It Floats ²⁵ Apples float because they are 25% air. Find some water today and maybe see if you float too.	All Roses ²⁶ Apples are a member of the rose family. Take a picture of some flowers during your miles.	Teacher Day ²⁷ Show some appreciation for the teachers out there and give one an apple, virtual or otherwise.	Big Donut ²⁸ End your distance today with a zero, also maybe eat some donuts.	Whole Bushel ²⁹ A bushel of apples weighs 42 pounds. Work a 4 and 2 into your miles today.	Celebrate! ³⁰ You made it! Now it's time to celebrate!