

# DAILY

# BABY GOAT

# THEMES

35M - 70M

RUN/WALK



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

|  |  |   |   |  |  |  |
|--|--|---|---|--|--|--|
|  |  |   | <b>ROLL CALL!</b> <sup>1</sup><br>Welcome to the Baby Goat Challenge! Let us know where you're joining us from and what your goals are for the month! | <b>DR. SEUSS' BIRTHDAY!</b> <sup>2</sup><br>Include a one, two, red and blue into your run/walk today!                               | <b>WORLD WILDLIFE DAY</b> <sup>3</sup><br>What type of wildlife did you spot on your run/walk today?   | <b>FAVORITE NUMBER!</b> <sup>4</sup><br>4 is the Baby Goat's favorite number! Incorporate your favorite number in your miles today!                |
| <b>Medal Day!</b> <sup>5</sup><br>It's Finisher's Medal Day! Share your favorite finisher's medal with the Facebook group! | <b>SWEET TREAT DAY!</b> <sup>6</sup><br>Today is national oreo day. Enjoy your favorite sweet treat post run/walk! Maybe an oreo?!               | <b>HILLY FUN!</b> <sup>7</sup><br>VERTICAL MILE!<br>Try to run the mile with the most vertical climb!   | <b>INTERNATIONAL WOMEN'S DAY!</b> <sup>8</sup><br>Dedicate your mile(s) today to an important woman in your life!                                     | <b>LET'S GET ARTSY!</b> <sup>9</sup><br>Make some beautiful GPS art today!   | <b>MIX IT UP</b> <sup>10</sup><br>Mix things up today and add some cross-training to your miles.   | <b>DANCE PARTY!</b> <sup>11</sup><br>The baby goat LOVES a good dance break. Take a dance break during your miles today!                           |
| <b>SMALL BUSINESS SUNDAY</b> <sup>12</sup><br>BG'S favorite small business is RF Events! Support a small business today!   | <b>CRAZY SOCK DAY!</b> <sup>13</sup><br>Show us your crazy/silly/fun socks!  | <b>CLIMB THOSE STAIRS</b> <sup>14</sup><br>Find a set of stairs on your route and repeat 1, 2... or 30 times!                                       | <b>BINGO!</b> <sup>15</sup><br>BINGO is back! Grab your bingo board in the weekly e-mail and enjoy!   | <b>EVERYTHING YOU DO IS RIGHT DAY!</b> <sup>16</sup><br>Feel free and get you miles however you choose. You can't do it wrong today! | <b>ST. PATRICK'S DAY</b> <sup>17</sup><br>Wear your green and CELEBRATE!   | <b>DOG DAY!</b> <sup>18</sup><br>The Baby Goat's best friends have 4 paws. Show us your furry friends or dedicate those miles to Pepper and Willy! |
| <b>NATIONAL LET'S LAUGH DAY!</b> <sup>19</sup><br>Show us your funniest outfit today and let's all laugh it up!            | <b>HILL REPEATS</b> <sup>20</sup><br>BG's favorite workout is HILL REPEATS! Find a hill on your route today and go up it one or a hundred times! | <b>INTERNATIONAL DAY OF FORESTS!</b> <sup>21</sup><br>Take your miles to the woods today and enjoy the beautiful forest!                            | <b>WORLD WATER DAY</b> <sup>22</sup><br>Take your run/walk near some water today!   | <b>COOL SHADES</b> <sup>23</sup><br>The baby goat LOVES some sweet shades. Show us your coolest eyewear today!                       | <b>BIRTHDAY!</b> <sup>24</sup><br>It's the Baby Goat's 35th Birthday! Celebrate as if it's your own birthday! Maybe some cake and ice cream! | <b>WAFFLES!</b> <sup>25</sup><br>It's International waffle day! Enjoy this delicious treat today!  |
| <b>CRAZY HAIR OR HAT DAY!</b> <sup>26</sup><br>Wear your favorite hat or do your hair up super fancy today!                | <b>WHAT'S COOKIN'!</b> <sup>27</sup><br>The BG's favorite meal is anything with noodles in it. Try a new noodle dish today!                      | <b>NATIONAL FOOD ON A STICK DAY!</b> <sup>28</sup><br>Enjoy some cuisines on a stick today! Popsicle, corn dog, kebab... anything you can dream up! | <b>COLORFUL DAY!</b> <sup>29</sup><br>The Baby Goat's favorite color is BLUE! Wear some blue today to be like BG or show us your favorite color!      | <b>DOCTOR DAY!</b> <sup>30</sup><br>Dedicate your mile(s) today to a healthcare worker in your life!                                 | <b>CELEBRATE!</b> <sup>31</sup><br>You made it! Congrats on a month well done.   |  |