

DAILY



BABY GOAT

33M 66M

THEMES



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	ROLL CALL! ¹ Welcome to the Baby Goat Challenge! Let us know where you're joining us from and what your goals are for the month!	DR. SEUSS' BIRTHDAY! ² Include a one, two, red and blue into your run/walk today!	WORLD WILDLIFE DAY ³ What type of wildlife did you spot on your run/walk today?	FAVORITE NUMBER! ⁴ 4 is the Baby Goat's favorite number! Incorporate your favorite number in your miles today!	UNPLUG! ⁵ It's the National Day of unplugging! Leave your watch at home today and have some unplugged freedom fun!	SWEET TREAT SATURDAY! ⁶ Today is national oreo day. Enjoy your favorite sweet treat post run/walk! Maybe an oreo?!
HILLY FUN! ⁷ VERTICAL MILE! Try to run the mile with the most vertical climb!	INTERNATIONAL WOMEN'S DAY! ⁸ Dedicate your mile(s) today to an important woman in your life!	WHAT'S COOKIN'! ⁹ The BG's favorite meal is anything with noodles in it. Try a new noodle dish today!	LET'S GET ARTSY! ¹⁰ Make some beautiful GPS art today!	BINGO! ¹¹ BINGO is back! Grab your bingo board in the weekly e-mail and enjoy!	DANCE PARTY! ¹² The baby goat LOVES a good dance break. Take a dance break during your miles today!	DOG DAY! ¹³ The Baby Goat's best friends have 4 paws. Show us your furry friends or dedicate those miles to Pepper and Willy!
SUNDAY SOCK DAY! ¹⁴ Show us your crazy/silly/fun socks!	CLIMB THOSE STAIRS ¹⁵ Find a set of stairs on your route and repeat 1, 2... or 30 times!	EVERYTHING YOU DO IS RIGHT DAY! ¹⁶ Feel free and get you miles however you choose. You can't do it wrong today!	ST. PATRICK'S DAY ¹⁷ Wear your green and CELEBRATE!	MIX IT UP ¹⁸ Mix things up today and add some cross-training to your miles.	NATIONAL LET'S LAUGH DAY! ¹⁹ Show us your funniest outfit today and let's all laugh it up!	SMALL BUSINESS SATURDAY ²⁰ BG'S favorite small business is RF Events! Support a small business today!
INTERNATIONAL DAY OF FORESTS! ²¹ Take your miles to the woods today and enjoy the beautiful forest!	WORLD WATER DAY ²² Take your run/walk near some water today!	HILL REPEATS ²³ BG's favorite workout is HILL REPEATS! Find a hill on your route today and go up it one or a hundred times!	BIRTHDAY! ²⁴ It's the Baby Goat's 33rd Birthday! Celebrate as if it's your own birthday! Maybe some cake and ice cream!	WAFFLES! ²⁵ It's International waffle day! Enjoy this delicious treat today!	CRAZY HAIR OR HAT DAY! ²⁶ Wear your favorite hat or do your hair up super fancy today!	COOL SHADES ²⁷ The baby goat LOVES some sweet shades. Show us your coolest eyewear today!
NATIONAL FOOD ON A STICK DAY! ²⁸ Enjoy some cuisines on a stick today! Popsicle, corn dog, kebab... anything you can dream up!	COLORFUL DAY! ²⁹ The Baby Goat's favorite color is BLUE! Wear some blue today to be like BG or show us your favorite color!	DOCTOR DAY! ³⁰ Dedicate your mile(s) today to a healthcare worker in your life!	CELEBRATE! ³¹ You made it! Congrats on a month well done.			