

# Challenge



# Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 <i>Giant Welcome</i> Where are you from? what are your goals for the month!	2 <i>Beaver Teeth</i> Wear your orange in Beaver spirit!	3 <i>Beaver Fuel</i> Show us your snacks! We want to see your beaver fuel!	4 <i>Little Day</i> Do a small loop today over and over!	5 <i>Slap!</i> Head to the water today! Get your miles in near a body of water.	6 <i>That's Tall!</i> Try to hit 100 feet of vertical climb today!
7 <i>Dam That's Long!</i> Try for your longest run or walk so far this month!	8 <i>MPH</i> Calculate your MPH for your minutes to see if you're as quick as a beaver!	9 <i>Welcome Home!</i> Do your run or walk from home today!	10 <i>Log It!</i> Show us the biggest tree you see on your run!	11 <i>Beaver Donut!</i> Donut day! Yum!	12 <i>Smart Beaver</i> Learn something new today to be as smart as a beaver!	13 <i>Mound Day!</i> Try your luck at some hill repeats.
14 <i>6 or 12</i> Incorporate a 6 and a 12 into your run or walk today!	15 <i>Wildlife Day!</i> Hunt for some exotic wildlife.	16 <i>Love Day!</i> Show us your favorite run partner, show them some love!	17 <i>Bingo!</i> Let's get busy with beaver bingo!	18 <i>GPS Teeth!</i> Try to make some beaver buck teeth with your run route!	19 <i>Beaver Moon!</i> Get out in the dark and take in the Beaver Moon!	20 <i>Party Day!</i> Beaver birthday party day! Celebrate!
21 <i>Cross Trail</i> Throw in some strength training today so you could fight off a beaver.	22 <i>76!</i> 76! Incorporate a 7 and a 6 in your run today!	23 <i>New Beaver!</i> Try a new route today!	24 <i>Wooded Beaver</i> Get lost in the woods! Try a trail run or walk today	25 <i>Sweet Treats!</i> Enjoy a delicious sweet treat today.	26 <i>Beaver Gear!</i> Show us your gear! Favorite run jacket? Go to shoes? Show us!	27 <i>Baby Beaver!</i> Adapt like a baby beaver and add a new element to you workout today.
28 <i>Beaver Lodge</i> Build a tiny lodge out of sticks to show your beaver spirit!	29 <i>Beaver Science!</i> Get scientific and make sure you've logged all of your miles for the month.	30 <i>Celebrate!</i> Celebrate a month of Beaver Moon fun and all that you've accomplished!				