

CHALLENGE



CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p>1 GIANT WELCOME Where are you from? what are your goals for the month!</p>	<p>2 BEAVER TEETH Wear your orange in Beaver spirit!</p>	<p>3 BEAVER FUEL Show us your snacks! We want to see your beaver fuel!</p>	<p>4 SLAP! Head to the water today! Get your miles in near a body of water.</p>
<p>5 THAT'S TALL! Try to hit more than 100 feet of vertical climb today!</p>	<p>6 THAT'S LONG! Try for your longest run or walk so far this month!</p>	<p>7 MPH Calculate your MPH for your minutes to see if you're as quick as a beaver!</p>	<p>8 BEAVER LODGE Build a tiny lodge out of sticks to show your beaver spirit!</p>	<p>9 WOODED BEAVER Get lost in the woods! Try a trail run or walk today</p>	<p>10 BEAVER DONUT! Donut day! Yum!</p>	<p>11 SMART BEAVER Learn something new today to be as smart as a beaver!</p>
<p>12 MOUND DAY! Try your luck at some hill repeats.</p>	<p>13 6 OR 12 Incorporate a 6 and a 12 into your run or walk today!</p>	<p>14 WILDLIFE DAY! Hunt for some exotic wildlife.</p>	<p>15 LOVE DAY! Show us your favorite run partner, show them some love!</p>	<p>16 LOG IT! Show us the biggest tree you see on your run!</p>	<p>17 GPS TEETH! Try to make some beaver buck teeth with your run route!</p>	<p>18 WELCOME HOME! Do your run or walk from home today!</p>
<p>19 PARTY DAY! Beaver birthday party day! Celebrate!</p>	<p>20 CROSS TRAIL Throw in some strength training today so you could fight off a beaver.</p>	<p>21 76! 76! Incorporate a 7 and a 6 in your run today!</p>	<p>22 NEW BEAVER! Try a new route today!</p>	<p>23 BINGO! Let's get busy with beaver bingo!</p>	<p>24 SWEET TREATS! Enjoy a delicious sweet treat today.</p>	<p>25 BEAVER GEAR! Show us your gear! Favorite run jacket? Go to shoes? Show us!</p>
<p>26 BABY BEAVER! Adapt like a baby beaver and add a new element to you workout today.</p>	<p>27 BEAVER MOON! Get out in the dark and take in the Beaver Moon!</p>	<p>28 LITTLE DAY Do a small loop today over and over!</p>	<p>29 BEAVER SCIENCE! Get scientific and make sure you've logged all of your miles for the month.</p>	<p>30 CELEBRATE! Celebrate a month of Beaver Moon fun and all that you've accomplished!</p>		