

DOG DAYS



CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>Roll Call! ¹</p> <p>Let us know where you're joining us from and what your goals are!</p>	<p>Family Day ²</p> <p>Get some miles with your family or friends today, safely of course!</p>	<p>Color Day ³</p> <p>Wear your favorite color(s) during your miles and show us all!</p>	<p>Team Day ⁴</p> <p>Wear your favorite sport team's gear today and show off your team pride!</p>	<p>Superhero Day ⁵</p> <p>Get creative and dress like or share your favorite superhero today!</p>
<p>Craft Day ⁶</p> <p>Make something cool and share it with everyone today. Get crafty!</p>	<p>Down Dog ⁷</p> <p>Add some yoga to your miles today and get in a down dog or two!</p>	<p>Cat Day ⁸</p> <p>It's international Cat Day! For the cat lovers out there, show your cat love today!</p>	<p>Summer Fun ⁹</p> <p>Share your favorite summer activities with the group today!</p>	<p>Long Day ¹⁰</p> <p>Go the distance today, make your workout today a long one.</p>	<p>Fancy Day ¹¹</p> <p>Strut your stuff and wear your fanciest outfit today. Share it of course!</p>	<p>Trail Day ¹²</p> <p>Embrace nature and hit the trails for your miles today! Get out there!</p>
<p>Lucky Day ¹³</p> <p>Lucky or not, it's the 13th! Incorporate a 1 and 3 into your miles today!</p>	<p>Drink Day ¹⁴</p> <p>Crack open your favorite beverage for a post-workout libation.</p>	<p>Cross Day ¹⁵</p> <p>Mix it up and add some cross-training to your miles today!</p>	<p>Hat Day ¹⁶</p> <p>Wear your favorite hat for your miles today and show us what you've got!</p>	<p>Sweet Treat ¹⁷</p> <p>It's sweet treat day! Share your favorite sweet treats with us today!</p>	<p>Garden Day ¹⁸</p> <p>Enjoy a garden today. Get your miles in or near a garden!</p>	<p>Flower Day ¹⁹</p> <p>Find some summer flowers during your miles today and share them with us!</p>
<p>Summer Foods ²⁰</p> <p>Share your favorite summer foods with us today! Maybe a hotdog?!</p>	<p>Fact Day ²¹</p> <p>It's fun fact day! Share a wild and crazy fact with everyone today.</p>	<p>Bingo ²²</p> <p>It's time for bingo! Get your bingo card and get out there for some fun!</p>	<p>Hills Day ²³</p> <p>It's time for some hills. Get some elevation today by hitting the hills!</p>	<p>Workout Song ²⁴</p> <p>Share your favorite song(s) to workout to with everyone today!</p>	<p>Art Day ²⁵</p> <p>Let's get artsy! Create some cool GPS art today and share it with everyone!</p>	<p>Dog Day ²⁶</p> <p>It's National Dog Day! Share your favorite dog or dog related items today!</p>
<p>Big Day ²⁷</p> <p>We're almost there! It's time for one last big push. Go big today, however you'd like!</p>	<p>Recovery Day ²⁸</p> <p>Take it easy on your mile(s) today, you've earned a break.</p>	<p>Sweet Shades ²⁹</p> <p>Show us your coolest eyewear day! Embrace the dog days sun!</p>	<p>Pet Day ³⁰</p> <p>It's National Holistic Pet Day. Share your pets with everyone today!</p>	<p>Celebrate ³¹</p> <p>You made it! It's time to celebrate an amazing month of minutes!</p>		