

DAILY



THEMES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 ROLL CALL Share who you are and where you're from today!	2 BIG FROG Go big with your miles today!	3 OLD FROG Do an old standard route today for your miles!	4 FROG EYES Show us your best eyewear today!
5 FROG SOUND Share your favorite sounds from your miles today!	6 FROGGY LEAP Hop around in your most froggy outfit today!	7 FROG COLOR Wear your most vibrant colors during your miles today!	8 COLD FROG Show us how you stay warm during your winter miles!	9 FROZEN FROG Share your favorite frozen treats today!	10 FRESH FROG Find some freshwater during your miles today!	11 GET FROGGY Focus on adding more time to your workout today!
12 CARRYALL Share what you carry during your miles!	13 BINGO Get your card and get out there today!	14 FROG ARMY Shout out your favorite fitness friends today!	15 CLEAR FROG Clear your mind with some yoga or meditation today!	16 FROG TEETH Share your favorite sweet treats today!	17 THIRSTY FROG Enjoy your favorite beverages after, or during, your miles!	18 FROG WORLD Share your favorite places from around the world!
19 LOOK-ALIKE Mix it up and try something a bit different for today's workout!	20 HUNGRY FROG Share your favorite winter recipes!	21 FROG ZONE Get your miles in close to home today!	22 TREE FROG Hit the trails and find some trees for your miles today!	23 FROG EARS Share your favorite headwear, fitness or otherwise, today!	24 SHED IT Get out of your comfort zone with some cross-training!	25 FROG EGGS Share your favorite dishes made with eggs today! Cake?!
26 RARE FROG Get some unique miles in today, whatever that means for you!	27 GOLDEN FROG Wear a golden outfit for your miles today!	28 HAPPY FROG Celebrate the month with some froggy fun today!				