

# DAILY



# THEMES

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

					<b>Christmas Lights Day</b> <sup>1</sup> Find some cool Christmas light displays during your activity today!	<b>National Mutt Day</b> <sup>2</sup> Take your mutt out for a mile today! Pictures! Pictures!
<b>Day of Disabled Persons</b> <sup>3</sup> Share your favorite organization to make sure no one is left out!	<b>National Sock Day</b> <sup>4</sup> Let's celebrate and wear some crazy socks today!	<b>Repeal Day</b> <sup>5</sup> It's National Repeal Day! Enjoy your favorite beverage to celebrate!	<b>Trick Shot Day</b> <sup>6</sup> Show us your best tricks for World Trick Shot Day. Get creative!	<b>National Cotton Candy Day</b> <sup>7</sup> Embrace your sweet tooth and share your favorite sweet treat today!	<b>Bodhi Day</b> <sup>8</sup> Wear bright colors to enlighten those you pass on your route today!	<b>National Llama Day</b> <sup>9</sup> Find some fun wildlife during your activity today!
<b>National Lager Day</b> <sup>10</sup> Enjoy a lager or your favorite post-run beverage today!	<b>International Mountain Day</b> <sup>11</sup> Plan some high elevation for your route today!	<b>Feast of Our Lady of Guadalupe</b> <sup>12</sup> Pass by a Catholic Church on your route today!	<b>St. Lucia's Day</b> <sup>13</sup> Treat yourself to coffee and a baked good today!	<b>Bouillabaisse Day</b> <sup>14</sup> Channel your inner Julia Child and whip up a pot of Bouillabaisse today!	<b>Bill of Rights Day</b> <sup>15</sup> Rock your red, white, and blue today!	<b>Ugly Sweater Day</b> <sup>16</sup> Let's see those ugly sweaters!!
<b>Maple Syrup Day</b> <sup>17</sup> Get some pancakes and enjoy some maple syrup or just get your miles between the trees!	<b>Bake Cookies Day</b> <sup>18</sup> Share your favorite cookie recipes with the Facebook group today!	<b>Oatmeal Muffin Day</b> <sup>19</sup> Share your favorite oatmeal muffin recipe!	<b>National Sangria Day</b> <sup>20</sup> Warm up after your run/walk with some Winter Sangria!	<b>Winter Solstice</b> <sup>21</sup> Longer days ahead! Celebrate with a longer run/walk today!	<b>356th Day of the Year</b> <sup>22</sup> Choose your distance today! 1.356 or 3.56!!	<b>Festivus</b> <sup>23</sup> Tis the season! Let's see those Festivus Poles!
<b>Christmas Eve</b> <sup>24</sup> Sneak some of Santa's milk and cookies! <b>Celebrate!</b> Celebrate a great month and the end of this year! <sup>31</sup>	<b>Christmas Day</b> <sup>25</sup> Ho! Ho! Go! Make sure to squeeze that mile in-between all of the cookies today!	<b>Boxing Day</b> <sup>26</sup> Leftovers = no cooking = extra time for extra miles! Challenge yourself!	<b>Cut-Out Snowflakes Day</b> <sup>27</sup> Grab the scissors and make your best cut-out snowflake today!	<b>Chocolate Candy Day</b> <sup>28</sup> Get out those sweet treats and enjoy something chocolate today!	<b>International Cello Day</b> <sup>29</sup> Share your favorite type of music, whether it's cello-based or not!	<b>Resolution Planning Day</b> <sup>30</sup> The new year is almost here! What resolutions do you have planned?