

DAILY



THEMES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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|---|---|--|---|--|--|---|
| <p>ROLL CALL ¹</p> <p>Share where you're from and your goals for the month!</p> | <p>FALL PICS ²</p> <p>Snap a fall photo and share it in the Facebook group today!</p> | <p>SPOOKY OUTFIT ³</p> <p>Wear your spookiest outfit for your miles today and share it with the group.</p> | <p>TACO DAY ⁴</p> <p>It's National Taco Day! Enjoy some delicious tacos after your miles today!</p> | <p>DIRTY DAY ⁵</p> <p>Challenge yourself to find a trail for your miles today!</p> | <p>CRAZY SOCK DAY ⁶</p> <p>Show us your crazy/silly/fun socks! Post a picture on Facebook.</p> | <p>DARK DAY ⁷</p> <p>Embrace the darkness! Get your miles in the dark today, safely of course!</p> |
| <p>GPS ART ⁸</p> <p>It's time for GPS art! Post an image of your best GPS art on Facebook today!</p> | <p>COLOR DAY ⁹</p> <p>Wear your favorite colors during your miles today!</p> | <p>PET DAY ¹⁰</p> <p>Celebrate your animal friends with everyone today and post a pic on Facebook!</p> | <p>UNPLUG DAY ¹¹</p> <p>Leave your devices at home today and have some unplugged freedom fun!</p> | <p>CROSS DAY ¹²</p> <p>Add some cross-training to your activity today and share your favorite type!</p> | <p>DRINK DAY ¹³</p> <p>Crack open your favorite beverage and enjoy it after your activity today!</p> | <p>MONSTER DAY ¹⁴</p> <p>Find a monster on your run today or maybe even dress like one!</p> |
| <p>SWEET TREAT ¹⁵</p> <p>It's sweet treat Saturday! Share your favorite sweet treats with us today!</p> | <p>WILDLIFE DAY ¹⁶</p> <p>What type of wildlife did you spot during your miles today?</p> | <p>MULLIGAN DAY ¹⁷</p> <p>It's National Mulligan Day! Do the same workout twice over the course of today!</p> | <p>HILL DAY ¹⁸</p> <p>Hill repeats! Find a hill on your route today and get in some reps!</p> | <p>VERTICAL MILE ¹⁹</p> <p>Try to run or walk the mile with the most vertical climb for your activity today!</p> | <p>BINGO ²⁰</p> <p>It's time for bingo! Get your bingo card and get out there for some fun!</p> | <p>FALL FOOD ²¹</p> <p>Share your favorite fall recipes with the Facebook group today!</p> |
| <p>CARRYALL ²²</p> <p>Share your favorite things to carry during your fitness activities!</p> | <p>MAXIMUM EFFORT ²³</p> <p>Get in your maximum miles today! We're almost at the end.</p> | <p>RECOVERY DAY ²⁴</p> <p>Take it easy today, you've earned a break. Do an easy workout or take the day off.</p> | <p>KEEP WARM ²⁵</p> <p>Share your favorite way to stay warm during the cool fall days.</p> | <p>PUMPKIN DAY ²⁶</p> <p>It's National Pumpkin Day! Share a cool pumpkin or pumpkin item today.</p> | <p>BURPEE DAY ²⁷</p> <p>Let's do 25 burpees! A great addition to any normal activity today!</p> | <p>FULL MOON ²⁸</p> <p>Embrace the moonlight! Snap a photo of the full moon and share it with us!</p> |
| <p>CAT DAY ²⁹</p> <p>It's National Cat Day! Share your cat or find a black cat during your miles today!</p> | <p>TEAM DAY ³⁰</p> <p>Let's show our spirit with our favorite team swag during our miles today!</p> | <p>CELEBRATE ³¹</p> <p>You made! Celebrate completing your Monster Madness challenge!</p> | | | | |