

# Daily



# Themes

## Saturday

### Roll Call

Introduce yourself and tell us your goals for the month!

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Pet Day

Celebrate your animal friends with everyone today and post a pic on Facebook!

### Fact Day

It's fun fact day! Share a wild and crazy fact with everyone today.

### Superhero Day

Channel your inner hero! Dress like or share your favorite superhero today!

### Family Day

Get some minutes with your family or friends today!

### Home Day

Get some minutes in near your home today!

### Cow Day

Find some bovine friends during your minutes today, it's for the cows!

### Early Bird

You know what they say! Get out there and get your minutes in early today!

### Drink Day

Crack open your favorite beverage for a post-workout libation.

### Vertical Mile

Try to run or walk the mile with the most vertical climb today!

### Sweet Treat

It's sweet treat day! Share your favorite sweet treats with us today!

### Fancy Day

Strut your stuff and wear your fanciest outfit today. Share it of course!

### Lucky Day

Luck or not, it's the 13th! Incorporate a 1 and 3 into your minutes today!

### Color Day

Wear your favorite color(s) during your minutes and show us all!

### Garden Day

Enjoy a garden today. Get your minutes in or near a garden!

### Hat Day

Wear your favorite hat for your minutes today and show us what you've got!

### Craft Day

Make something cool and share it with everyone today. Get crafty!

### Hills Day

It's time for some hills. Get some elevation today by hitting the hills!

### Workout Song

Share your favorite song(s) to workout to with everyone today!

### Poem Day

Embrace all that is spring and share your favorite spring poem today!

### Flower Day

Find some spring flowers during your minutes today and share them with us!

### Earth Day

Celebrate the Earth by enjoying the environment during your minutes!

### Trail Day

Embrace nature and hit the trails for your minutes today! Get out there!

### Sweet Shades

Show us your coolest eyewear day! Embrace the spring sun!

### Art Day

Let's get artsy! Create some cool GPS art today and share it with everyone!

### Big Day

We're almost there! It's time for one last big push. Go big today, however you'd like!

### Recovery Day

Take it easy today, you've earned a break. Do an easy workout or take the day off.

### Bingo

It's time for bingo! Get your bingo card and get out there for some fun!

### Opening Day

Go exploring and find some fish filled water during your miles today.

### Celebrate

You made it! Celebrate an amazing month and hit the river for some fishing!