

# CHALLENGE



# CALENDAR

**Saturday**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Roll Call**

Share where you're from and your goals for the month!

**Sweet Treat**<sup>2</sup>  
It's sweet treat Sunday! Share your favorite sweet treats with us today!

**Full Moon**<sup>3</sup>  
Embrace the moonlight! Snap a photo of the full moon and share it with us!

**Fourth of July**<sup>4</sup>  
Celebrate the 4th with a red, white, and blue outfit for your activity today!

**Summer Pics**<sup>5</sup>  
Snap a summer photo and share it in the Facebook group today!

**Cross Day**<sup>6</sup>  
Add some cross-training to your activity today and share your favorite type!

**Chocolate Day**<sup>7</sup>  
It's World Chocolate Day! Celebrate with your favorite chocolate treat!

**Color Day**<sup>8</sup>  
Wear your favorite colors during your activity today!

**Dirty Day**<sup>9</sup>  
Challenge yourself to find a trail for your activity today!

**Vertial Mile**<sup>10</sup>  
Try to run or ride the mile with the most vertical climb for your activity today!

**Pet Day**<sup>11</sup>  
Celebrate your animal friends with everyone today and post a pic on Facebook!

**Wildlife Day**<sup>12</sup>  
What type of wildlife did you spot during your activity today?

**Tri Kit**<sup>13</sup>  
Get in the triathlon spirit and show us your kit today, whatever that may be!

**Crazy Sock Day**<sup>14</sup>  
Show us your crazy/silly/fun socks! Post a picture on Facebook.

**Water Day**<sup>15</sup>  
Focus on getting a water-based activity in today!

**Grill Day**<sup>16</sup>  
Share your favorite summer grilling recipes with the Facebook group today!

**Maximum Effort**<sup>17</sup>  
Get in your maximum miles today! Maybe set some personal records!

**Recovery Day**<sup>18</sup>  
Take it easy today, you've earned a break. Do an easy workout or take the day off.

**Burpee Day**<sup>19</sup>  
Let's do 25 burpees! A great addition to any normal activity today!

**Team Day**<sup>20</sup>  
Let's show our spirit with our favorite team swag during our activity today!

**Drink Day**<sup>21</sup>  
Crack open your favorite beverage and enjoy it after your activity today!

**Wheels Day**<sup>22</sup>  
Focus on getting a wheel-based activity in today!

**Unplug Day**<sup>23</sup>  
Leave your devices at home today and have some unplugged freedom fun!

**GPS Art**<sup>24</sup>  
It's time for GPS art! Post and image of your best GPS art on Facebook today!

**Mix It Up**<sup>25</sup>  
Try a new activity today! Get crazy and get some unique miles!

**Hill Day**<sup>26</sup>  
Hill repeats! Find a hill on your route today and get in some reps!

**Carryall**<sup>27</sup>  
Share your favorite things to carry during your fitness activities!

**Bingo**<sup>28</sup>  
It's time for bingo! Get your bingo card and get out there for some fun!

**Foot Day**<sup>29</sup>  
Focus on getting a foot-based activity in today!

**Keep Cool**<sup>30</sup>  
Show us how you beat the heat. Share your favorite method to stay cool!

**Celebrate**<sup>31</sup>  
You made! Celebrate completing your triathlon challenge!