

Challenge

Triple Monkey Challenge

Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				Roll Call ¹ Share where you're from and your goals for the month!	Color Day ² Wear your favorite colors during your activity today!	Sweet Treat ³ It's sweet treat Saturday! Share your favorite sweet treats with us today!
Fourth of July ⁴ Celebrate the 4th with a red, white, and blue outfit for your activity today!	Summer Pics ⁵ Snap a summer photo and share it in the Facebook group today!	Tri Kit ⁶ Get in the triathlon spirit and show us your kit today, whatever that may be!	Chocolate Day ⁷ It's World Chocolate Day! Celebrate with your favorite chocolate treat!	Crazy Sock Day ⁸ Show us your crazy/silly/fun socks! Post a picture on Facebook.	Water Day ⁹ Focus on getting a water-based activity in today!	Dirty Day ¹⁰ Challenge yourself to find a trail for your activity today!
Vertical Mile ¹¹ Try to run or ride the mile with the most vertical climb for your activity today!	Pet Day ¹² Celebrate your animal friends with everyone today and post a pic on Facebook!	Unplug Day ¹³ Leave your devices at home today and have some unplugged freedom fun!	Cross Day ¹⁴ Add some cross-training to your activity today and share your favorite type!	Drink Day ¹⁵ Crack open your favorite beverage and enjoy it after your activity today!	Wheels Day ¹⁶ Focus on getting a wheel-based activity in today!	Grill Day ¹⁷ Share your favorite summer grilling recipes with the Facebook group today!
GPS Art ¹⁸ It's time for GPS art! Post and image of your best GPS art on Facebook today!	Wildlife Day ¹⁹ What type of wildlife did you spot during your activity today?	Hill Day ²⁰ Hill repeats! Find a hill on your route today and get in some reps!	Team Day ²¹ Let's show our spirit with our favorite team swag during our activity today!	Bingo ²² It's time for bingo! Get your bingo card and get out there for some fun!	Foot Day ²³ Focus on getting a foot-based activity in today!	Full Moon ²⁴ Embrace the moonlight! Snap a photo of the full moon and share it with us!
Maximum Effort ²⁵ Get in your maximum miles/minutes today! We're almost at the end.	Recovery Day ²⁶ Take it easy today, you've earned a break. Do an easy workout or take the day off.	Mix It Up ²⁷ Try a new activity today! Get crazy and get some unique miles/minutes!	Keep Cool ²⁸ Show us how you beat the heat. Share your favorite method to stay cool!	Burpee Day ²⁹ Let's do 25 burpees! A great addition to any normal activity today!	Carryall ³⁰ Share your favorite things to carry during your fitness activities!	Celebrate ³¹ You made! Celebrate completing your triathlon challenge!