







Legend for Mini Challenges


 **Nov 1** - *National Play Outside Day*- rain, shine, sleet or snow, get outside and go!


 **Nov 11** - *Veterans Day* - thank a veteran today. Do 11 minutes of extra exercise. This day is celebrated because WW1 ended on the 11th hour of the 11th day of the 11th month.


 **Nov 17** - *National Take A Hike Day* - support a local park to earn your miles today!

 **Nov 27** - *Thanksgiving* - Turkey Trot official or not get out there and move!

 **Dec 11** - *National Stretching Day*- Flexibility is so important to maintain a healthy lifestyle. Stretch as part of your daily exercise today.

 **Dec 13**- *Hot chocolate Day* - snuggle down in your PJs and enjoy your hot chocolate.

 **Dec 19**- *Ugly Christmas Sweater Day*- snap a picture in your ugly holiday sweater and share it with us!

 **Dec 31**- *New Years Eve*- celebrate your challenge! Share a picture of your Finish Line with us!



