



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!



















