



Thanksgiving to New Year's Day Running Challenge



Happy New Year!

**Goal: Run at least one mile (anywhere!) every day between Thanksgiving and New Year's Day.
Check off each box after you finish that day's run!**

Nov 19 Bonus day - if you want to start early!	Nov 20 Bonus day - if you want to start early!	Nov 21 Bonus day - if you want to start early!	Nov 22 Bonus day - if you want to start early!	Nov 23 Happy Thanksgiving! Challenge starts today!	Nov 24 Avoid the stores, go for a run instead!	Nov 25 "Every day is a good day when you run." -Kevin Nelson
Nov 26 "The only one who can tell you 'you can't' is you. And you don't have to listen." -Nike	Nov 27 A run is a great way to start off a new week!	Nov 28 "No matter how slow you're going, you're still lapping everyone on the couch."	Nov 29 "Do, or do not. There is no try." -Yoda	Nov 30 "Stop being tired and start being awesome."	Dec 1 "Your body achieves what your mind believes."	Dec 2 "The hardest step for a runner is the first one out of the front door."
Dec 3 "If may not be easy, but it's definitely worthwhile."	Dec 4 "Just do it." -Nike	Dec 5 "If it doesn't challenge you, it doesn't change you."	Dec 6 "Ran sounds better than run." -Nike	Dec 7 "Slow or fast, a mile is a mile."	Dec 8 "Don't run away from challenges, run over them." -Nike	Dec 9 You got this!
Dec 10 "If it was easy, everyone would do it."	Dec 11 Running makes Mondays easier!	Dec 12 "One run can change your day, many runs can change your life."	Dec 13 "I can and I will."	Dec 14 "Running cleanses the mind and body." -Asics	Dec 15 Time to pre-burn some weekend calories!	Dec 16 "Can't stop, won't stop!"
Dec 17 "Run the day, don't let it run you." -Nike	Dec 18 "You're a runner! Go!"	Dec 19 MIND _____ MATTER	Dec 20 "Running releases more than just sweat." -Asics	Dec 21 Reach for it. Work for it. Fight for it.	Dec 22 You got this!	Dec 23 "All miles are good miles."
Dec 24 Give yourself the gift of running!	Dec 25 Merry Christmas if you're celebrating!	Dec 26 "Stronger and stronger with every mile."	Dec 27 "The voice inside your head that says you can't do this is a liar."	Dec 28 Today's a great day for a run!	Dec 29 Keep it going! There's no stopping you!	Dec 30 Two more days! You're almost there (really, you are!)
Dec 31 Run early, before you ring in the new year!	Jan 1 You did it! Here's to a healthy new year!					