



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