

Throughout this month, try to complete a mile per day. Check off each day you complete your mile.

Each week, you will also be given three options for a challenge workout — all levels, level 1 (L1) and level 2 (L2). Check the box for each challenge workout you complete.



What counts as a mile?

- ▶ 1-mile distance (e.g., walk, jog, run, bike, swim)
- ▶ 20 minutes of continuous cardio exercise (e.g., playing a sport, taking a cardio based group exercise class, jumping rope)
- ▶ Challenge of the week workout

Challenge of the week	Daily						
<input type="checkbox"/> All levels: Mindful Run/Walk (Audio) <input type="checkbox"/> L1: Outdoor Walk Combo (Audio) <input type="checkbox"/> L2: Outdoor Run Combo (Audio)		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
<input type="checkbox"/> All levels: Alphabet Workout (PDF) <input type="checkbox"/> L1: AMRAP One (Audio) <input type="checkbox"/> L2: AMRAP Two (Audio)	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13
<input type="checkbox"/> All levels: Time Trial Spin Bike Workout (PDF) <input type="checkbox"/> L1: Bike Speed Workout (Audio) <input type="checkbox"/> L2: Bike Hill Workout (Audio)	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> All levels: On-demand Cardio Class of Choice <input type="checkbox"/> L1: 20-Minute Outdoor Walk Intervals (Audio) <input type="checkbox"/> L2: 25-Minute Outdoor Run Intervals (Audio)	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27
<input type="checkbox"/> All levels: On-demand Cardio Class of Choice <input type="checkbox"/> L1: Reverse Pyramid (PDF) <input type="checkbox"/> L2: Reverse Pyramid (PDF)	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31			