

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Workout #1 Walk 4 Minutes Run 1 Minute Repeat 6 Times	15 Social Media Post	16 Workout #2 Walk 3 Minutes Run 1 Minute Repeat 7 Times	17	18 Workout #3 Walk 4 Minutes Run 2 Minutes Repeat 5 Times	19
20 Workout #4 Walk 4 Minutes Run 2 Minutes Repeat 5 Times	21 Reach out to a person who has inspired you in THON	22 Workout #5 Walk 4 Minutes Run 3 Minutes Repeat 4 Times	23	24 Workout #6 Walk 4 Minutes Run 4 Minutes Repeat 4 Times	25 Social Media Post	26 Workout #7 Walk 4 Minutes Run 5 Minutes Repeat 3 Times
27	28 Workout #8 Walk 4 Minutes Run 6 Minutes Repeat 3 Times	29 Workout #9 Walk 3 Minutes Run 7 Minutes Repeat 3 Times	30 Reach out to a Four Diamonds Family			

OCTOBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Workout #10 Walk 2 Minutes Run 8 Minutes Repeat 3 Times Social Media Post	2 Workout #11 Walk 1 Minutes Run 9 Minutes Repeat 3 Times	3
4 Stay tuned for an Around the World Challenge!	5 Stay tuned for an Around the World Challenge!	6 Stay tuned for an Around the World Challenge!	7 Stay tuned for an Around the World Challenge!	8 Stay tuned for an Around the World Challenge!	9 Stay tuned for an Around the World Challenge!	10 Stay tuned for an Around the World Challenge!
11 RACE DAY!	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31