

# The Daily Mile At Home Challenges!

The Daily Mile teamed up with our fantastic partners at London Marathon Events to create these fun, educational, family-friendly weekly challenges for The #DailyMileAtHome! We'd love to see you doing The Daily Mile, so be sure to post on social media using #DailyMileAtHome, or follow us on Facebook, Twitter, and Instagram.

## Week 1 Challenges – May 11–14

- Wear Blue Challenge:** Show your support for healthcare workers, first responders and everyone on the front lines by wearing blue!
- School Shirt Day Challenge:** Show your school spirit by wearing your favorite school shirt when you complete this week's #DailyMileAtHome.

## Week 2 Challenges – May 18–21

- Hopscotch Challenge:** Create your own hopscotch diagram that you're using while doing #TheDailyMileAtHome. Check out the ICAN Foundation's YouTube Challenge for more ideas!
- Red, White, and Blue Challenge:** Remember and honor those who have sacrificed this upcoming Memorial Day by wearing your best red, white, and blue on today's #DailyMileAtHome walk, run, or jog.

## Week 3 Challenges – May 26–28

- Healthy Hands Challenge:** Whether you're doing The Daily Mile inside your home or taking a walk around the block, be sure to wash your hands extra well when you're done. Don't forget to use hand sanitizer if you have it! Check out how our wonderful Sponsor INEOS is stepping up to help hospitals through the US.
- Daily Mile with Fido Challenge:** Bring your furry friend on this week's #DailyMile workout and show us your photos on social media. We can't wait to see all those fun, furry faces!

## Week 4 Challenges – June 1–4

- Sunscreen Challenge:** Show us what your favorite sunscreen brand is before you step outside to finish your #DailyMileAtHome.
- The Daily Mile Smile Challenge:** We miss your beautiful faces! Show us those big smiles while you complete today's #DailyMileAtHome by posting a photo.

## Week 5 Challenges – June 8–11

- Water Bottle Challenge:** Boost your hydration with this week's Water Bottle Challenge while walking, jogging, or running during your #DailyMileAtHome. Post a photo of your empty water bottle on social media.
- Eat the Rainbow Challenge:** Did you work up an appetite after walking or running your way through this week's #DailyMile? We challenge you to eat three healthy foods that are colors found in a rainbow. EX: purple grapes, yellow bananas, and red apples. Let's see those plates!

## Week 6 Challenges – June 15–18

- Sports Equipment Challenge:** What's your most-used sports safety equipment? Is it a helmet? A Mouthpiece? Post a picture on social media and let us know what piece of equipment you use the most to stay safe while playing sports. Also, be sure to learn more about what our friends at The Sports Institute are doing to expand participation and safety in sports!
- Sunglasses Challenge:** The future looks bright with summer just ahead! Show us the fun, strange, colorful, beautiful, and awesome sunglasses that you're wearing this week while completing #TheDailyMileAtHome.

## Week 7 Challenges – June 22–25

- Wear Pink Challenge:** Show us your favorite pink shirt and post a photo on social media! (We bet our friends at Go Run For Fun will love this challenge!)
- A Tip of the Hat Challenge:** Show us your favorite hat that you wear while doing The #DailyMileAtHome.

## Week 8 Challenges – June 29–July 2

- Shadow Challenge:** Don't just leave your shadow lying about when you're outside completing the #DailyMile! Be sure to capture it in a photo and post it online!
- Two More Days Challenge:** It's almost the 4th of July! Show us how you're getting prepared to celebrate with a photo of the shirt you'll wear, foods you'll be making, BBQ you'll be grilling on, etc.

Post your challenges on social media!

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