

The Daily Mile & Washington Dairy Council present ...

# The Fueled & Fit Challenge

Try bubble tea & do The Daily Mile



Do The Daily Mile & try the MyPlate Calculator

Enjoy pudding today & do The Daily Mile



Learn why chocolate milk is good to drink after The Daily Mile



Make pizza pockets after you do The Daily Mile



Make overnight oats & do The Daily Mile

Eat breakfast and then do The Daily Mile

Your choice!



Do The Daily Mile & take a virtual farm field trip



Drink milk before you run The Daily Mile



Make a breakfast bowl & then do The Daily Mile

Do The Daily Mile & learn how cows are superheroes



Have a grilled cheese & then do The Daily Mile



Do The Daily Mile & then join Fuel Up to Play 60



Drink a smoothie before your Daily Mile

Make a lettuce wrap today & do your Daily Mile



Do The Daily Mile & watch the "Moo to You" video



Treat yourself to froyo & do The Daily Mile today



Teachers Only: sign up your class for The Daily Mile

Try cheesy broccoli tots & do your Daily Mile



Teachers: sign up your class for The Daily Mile at [www.thedailymile.us/for-schools](http://www.thedailymile.us/for-schools) today.

Visit [wadairy.org/nutrition](http://wadairy.org/nutrition) to find free recipes & resources about nutrition.

