



DAILY ACTIVE AUGUST CHALLENGES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**SHARE YOUR CHALLENGES ON
SOCIAL MEDIA USING #ACTIVEAUGUSTAU**

4

Find stairs or an incline to add some intensity to your workout

5

Try and smile at 10 people you pass on your walk, run or ride today

6

Today, travel to a new café or store you have never visited

7

Walk, run or ride a route that spells out your initials – share a screenshot of your route with #activeaugustaus

8

Try listening to a new audiobook or podcast while getting active today

9

Get active around sunrise or sunset today, and share your photos using #activeaugustaus

10

Bring a bag and gloves, and pick up any litter on your journey today

11

Choose a landmark and walk, run or ride to it. Post your journey on socials using #activeaugustaus

12

Give someone a call today on your walk and enjoy a conversation

13

What is your go-to motivational song? Share your choice online via #activeaugustaus

14

Keep your mind busy – count all the pets you see on your path today

15

Today, snap a photo of wildlife you see on your journey and share it using #activeaugustaus

16

Reflect on why you are doing this challenge and share a message to encourage people to support your efforts

17

Post a picture of something that made you smile on your walk, run or ride today #activeaugustaus

18

Today's scavenger hunt: snap a photo of a purple flower and share it using #activeaugustaus

19

Park a block away from work or get off the bus a stop early for some extra activity today

20

Take a scenic route today and post your photos to #activeaugustaus

21

Add an extra kilometre to your trip today!

22

Wear a silly piece of clothing (hat, socks, etc) on your walk, run or ride and make your followers smile! #activeaugustaus

23

Challenge yourself to get active today with perfect posture and form

24

Share your milestones on socials, and encourage your followers to donate! #activeaugustaus

25

Challenge yourself to take a route you've never taken before

26

Take a picture of unique street art or mural on your journey and share it with #activeaugustaus

27

Share a photo of your healthy post-exercise snack or meal using #activeaugustaus

28

Snap a photo with birds in the background, and share these using #activeaugustaus

29

Today, try and safely travel over 3 different terrains (e.g. pavement, grass, sand, dirt)

30

One day to go! Reflect on your journey, focus on your breathing, and finish strong! Share your reflections online. #activeaugustaus

31

CONGRATS! Share your achievements by posting your total distances travelled on social media! #activeaugustaus