



DAILY ACTIVE AUGUST CHALLENGES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 CONGRATS!  Share your achievements by posting your total distances travelled on social media! #activeaugustaus	SHARE YOUR CHALLENGES ON SOCIAL MEDIA USING #ACTIVEAUGUST AUS					2 Create an Active August music playlist to keep you motivated this month
3 Invite a buddy to walk, run or ride with you today	4 Try and smile at 10 people you pass on your walk, run or ride today	5 Today, travel to a new café or store you have never visited	6 Walk, run or ride a route that spells out your initials – share a screenshot of your route with #activeaugustaus	7 Try listening to a new audiobook or podcast while getting active today	8 Get active around sunrise or sunset today, and share your photos using #activeaugustaus	9 Bring a bag and gloves, and pick up any litter on your journey today
10 Choose a landmark and walk, run or ride to it. Post your journey on socials using #activeaugustaus	11 Give someone a call today on your walk and enjoy a conversation	12 What is your go-to motivational song? Share your choice online via #activeaugustaus	13 Keep your mind busy – count all the pets you see on your path today	14 Today, snap a photo of wildlife you see on your journey and share it using #activeaugustaus	15 Reflect on why you are doing this challenge and share a message to encourage people to support your efforts	16 Post a picture of something that made you smile on your walk, run or ride today #activeaugustaus
17 Today's scavenger hunt: snap a photo of a purple flower and share it using #activeaugustaus	18 Park a block away from work or get off the bus a stop early for some extra activity today	19 Take a scenic route today and post your photos to #activeaugustaus	20 Add an extra kilometre to your trip today!	21 Wear a silly piece of clothing (hat, socks, etc) on your walk, run or ride and make your followers smile! #activeaugustaus	22 Challenge yourself to get active today with perfect posture and form	23 Share your milestones on socials, and encourage your followers to donate! #activeaugustaus
24 Challenge yourself to take a route you've never taken before	25 Take a picture of unique street art or mural on your journey and share it with #activeaugustaus	26 Share a photo of your healthy post-exercise snack or meal using #activeaugustaus	27 Snap a photo with birds in the background, and share these using #activeaugustaus	28 Find stairs or an incline to add some intensity to your workout	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