

COME ALIVE OUTSIDE

MILE

-A-DAY



Mud Fling

**30 Miles, 30 Days
Walking Challenge**

April 15-May 14, 2024

**THIS
LOGBOOK
BELONGS TO:**

(your name here)

**My Reasons for
Walking:**



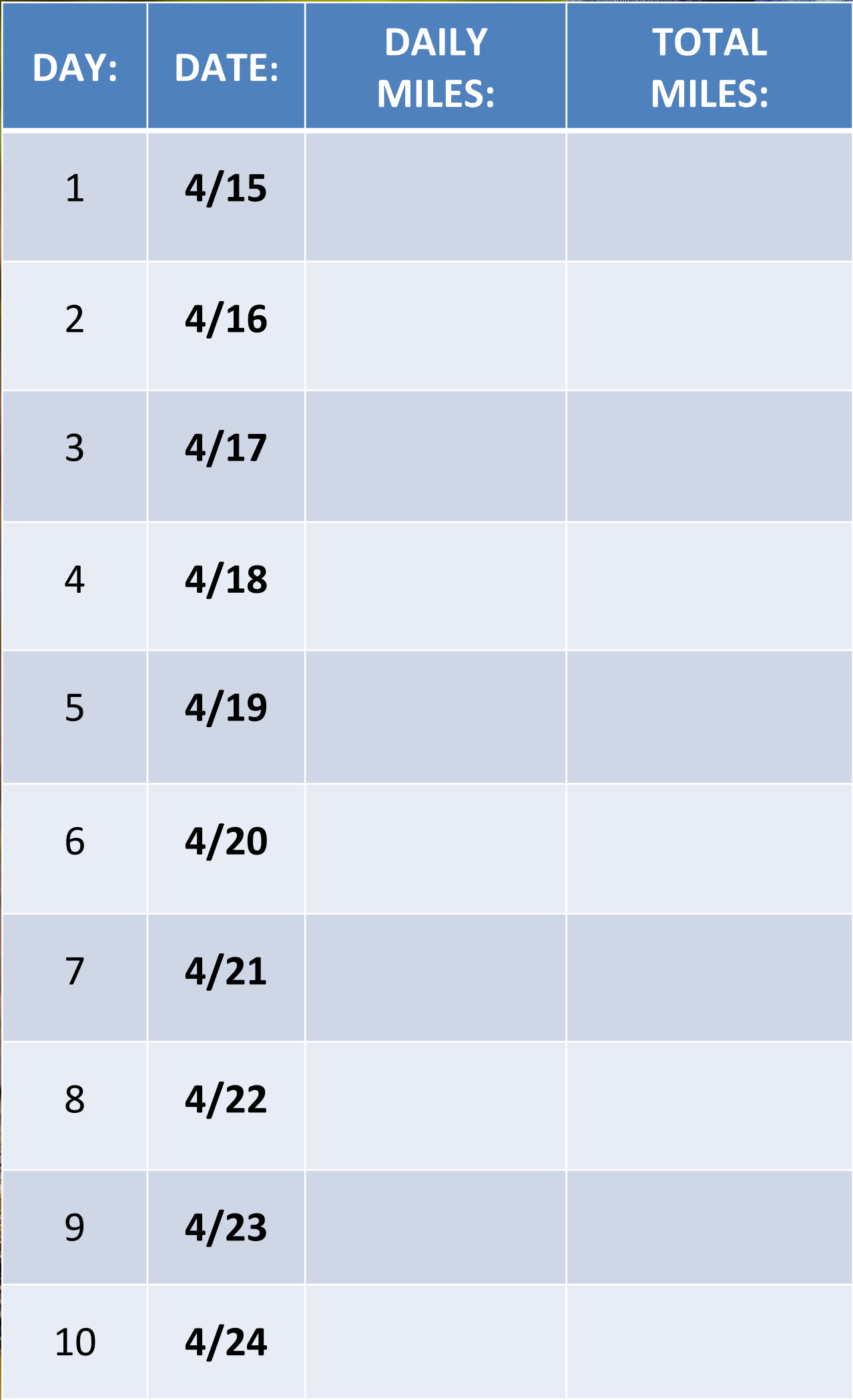
HOW IT WORKS:

Make sure you register online at:


comealiveoutside.com/mile-a-day

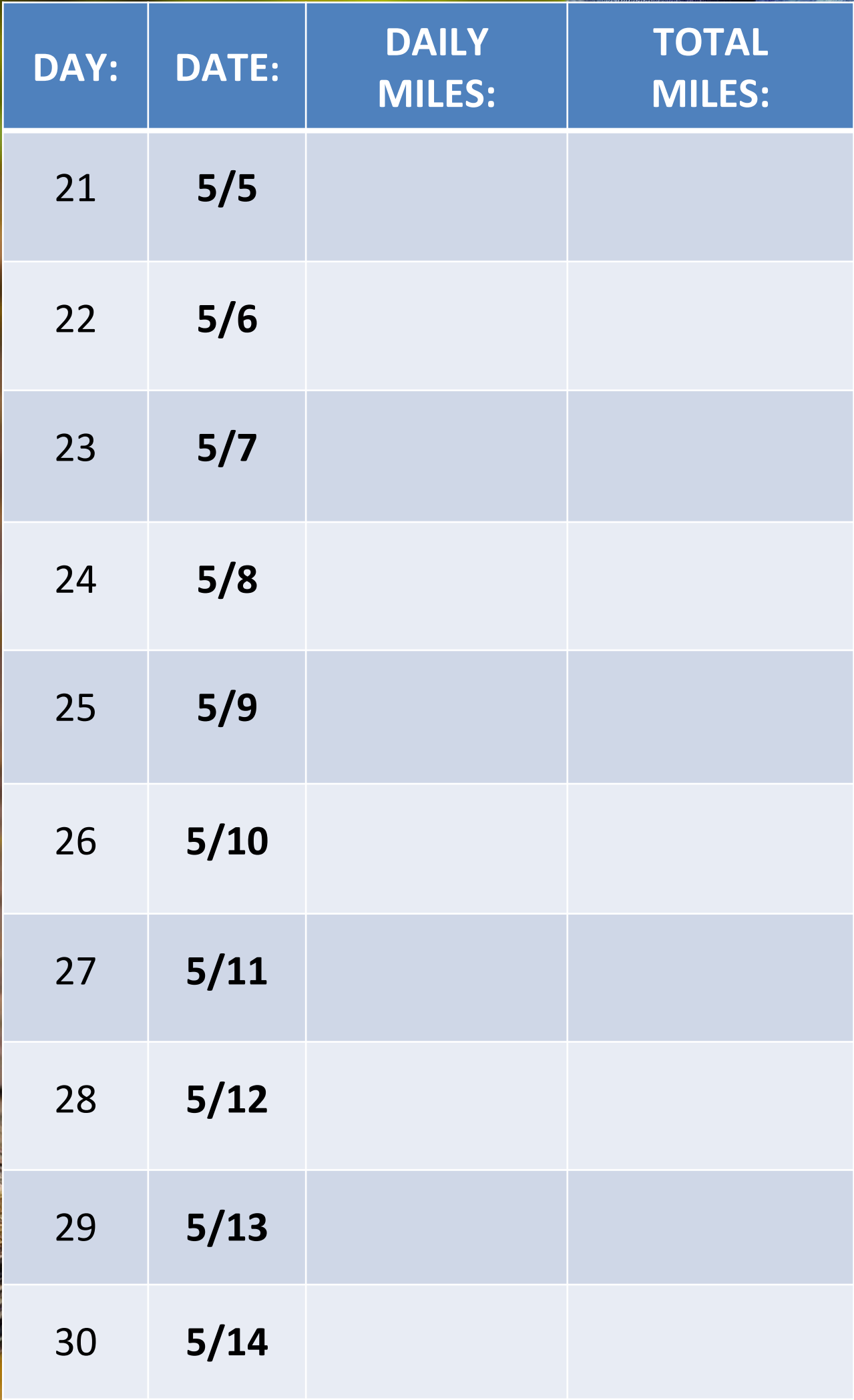
WALK 1 MILE A DAY FOR 30 DAYS!

- The goal is to get in the habit of walking a mile a day, but as long as you walk a total of 30 miles in 30 days, you complete the challenge!
- Your Mile-A-Day must be intentional. For example, it does not count to just track your steps during your normal daily routine. For the best experience, we encourage you to walk outdoors.
- Mileage can be calculated by time:
20 minutes = 1 mile
or by pedometer: 2000 steps = 1 mile
- Participants enter daily miles walked in your log, as well as total miles.
- When you sign up online, you will receive weekly newsletters via email to keep you motivated throughout the 30 days!



DAY:	DATE:	DAILY MILES:	TOTAL MILES:
1	4/15		
2	4/16		
3	4/17		
4	4/18		
5	4/19		
6	4/20		
7	4/21		
8	4/22		
9	4/23		
10	4/24		

DAY:	DATE:	DAILY MILES:	TOTAL MILES:
11	4/25		
12	4/26		
13	4/27		
14	4/28		
15	4/29		
16	4/30		
17	5/1		
18	5/2		
19	5/3		
20	5/4		



DAY:	DATE:	DAILY MILES:	TOTAL MILES:
21	5/5		
22	5/6		
23	5/7		
24	5/8		
25	5/9		
26	5/10		
27	5/11		
28	5/12		
29	5/13		
30	5/14		

The Wrap-Up

After you've finished the challenge, there's no need to send in your logbooks. Simply take our online survey to be entered to win one of our great prizes!

Visit <https://bit.ly/mudfling24>

to enter or
scan this QR code
with your smartphone:



You can also find
our survey at
comealiveoutside.com.

See you this summer 2024 for
our next walking challenge!

<https://comealiveoutside.com/mile-a-day/>

PRIZES:

L.L.Bean

\$100 L.L. Bean Card



Walking Poles
(\$50 value)



18 oz Hydro Flask
with a CAO Sticker

For more information, contact
Haley Rice at
admin@comealiveoutside.com
or call 802-779-1037

This program is produced with support from:



MEDICAL • DENTAL • BEHAVIORAL HEALTH

For more information or to become
a sponsor, contact Arwen Turner
arwen@comealiveoutside.com
(707) 867-5969

Come Alive Outside
PO BOX 267
RUTLAND, VT 05702