

## **November Gratitude Miles Challenge**

The November Gratitude Miles Challenge combines movement with daily gratitude, encouraging participants to stay active while reflecting on something you're thankful for each day.

**Challenge Motto:** *"Every mile is a reminder of how far you've come—and every day is an opportunity to appreciate what matters most."*

### **Challenge Goal**

Complete 30 miles during November (or adjust to 50, 75, or 100 miles for a greater challenge). Miles can be earned by:

- Walking
- Running
- Hiking
- Wheelchair rolling
- Cycling (optional—if included, decide on a conversion such as 3 cycling miles = 1 challenge mile)

### **Weekly Themes**

- Week 1: Gratitude for Yourself
  - Celebrate your health, strengths, and accomplishments.
- Week 2: Gratitude for Others
  - Focus on family, friends, coworkers, and your community.
- Week 3: Gratitude for Nature
  - Appreciate the outdoors, changing seasons, and fresh air.
- Week 4: Gratitude for Growth
  - Reflect on lessons learned and goals for the future.

### **Milestone Rewards**

10 miles – Keep Going!

20 miles – Halfway There!

30 miles – Challenge Completed!

50+ miles – Gratitude Champion

### **Optional Bonus Challenges**

- Walk with a friend or family member.
- Explore a new trail or neighborhood.
- Perform one random act of kindness.
- Take a photo of something beautiful during your walk.
- Write a thank-you note to someone who has made a difference in your life.

## Daily Tracker

| Day     | Miles | Today's Gratitude |
|---------|-------|-------------------|
| Nov. 1  | _____ | _____             |
| Nov. 2  | _____ | _____             |
| Nov. 3  | _____ | _____             |
| Nov. 4  | _____ | _____             |
| Nov. 5  | _____ | _____             |
| Nov. 6  | _____ | _____             |
| Nov. 7  | _____ | _____             |
| Nov. 8  | _____ | _____             |
| Nov. 9  | _____ | _____             |
| Nov. 10 | _____ | _____             |
| Nov. 11 | _____ | _____             |
| Nov. 12 | _____ | _____             |
| Nov. 13 | _____ | _____             |
| Nov. 14 | _____ | _____             |
| Nov. 15 | _____ | _____             |
| Nov. 16 | _____ | _____             |
| Nov. 17 | _____ | _____             |
| Nov. 18 | _____ | _____             |
| Nov. 19 | _____ | _____             |
| Nov. 20 | _____ | _____             |
| Nov. 21 | _____ | _____             |
| Nov. 22 | _____ | _____             |
| Nov. 23 | _____ | _____             |
| Nov. 24 | _____ | _____             |
| Nov. 25 | _____ | _____             |
| Nov. 26 | _____ | _____             |
| Nov. 27 | _____ | _____             |
| Nov. 28 | _____ | _____             |
| Nov. 29 | _____ | _____             |
| Nov. 30 | _____ | _____             |