

# Turkey Trot + Recover

#bRUNchTurkeyTrot

## BRUNCH RUNNING

NOVEMBER 2022

### REST DAY CHECKLIST

- Take a yoga class!
- Take a sound bath in nature!
- Read a book for 60 minutes!
- Watch a holiday movie!
- Bake muffins! Check out the blog for recipes!
- Take a bath or sit in a hot tub!
- Give 5 people hugs!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <input type="checkbox"/> Complete your 30 minutes today!	2 <input type="checkbox"/> Try a new way to sweat!	3 <input type="checkbox"/> Complete your 30 minutes today!	4 <input type="checkbox"/> Workout with a friend - but no running!	5 <input type="checkbox"/> Complete your 30 minutes today!
6 <input type="checkbox"/> Complete your 30 minutes today! <input type="checkbox"/> Make pancakes!	7 <input type="checkbox"/> Rest Day!	8 <input type="checkbox"/> Complete your 30 minutes today!	9 <input type="checkbox"/> Workout with a friend - but no running!	10 <input type="checkbox"/> Complete your 30 minutes today!	11 <input type="checkbox"/> Rest Day!	12 <input type="checkbox"/> Complete your 30 minutes today!
13 <input type="checkbox"/> Complete your 30 minutes today! <input type="checkbox"/> Head out for brunch!	14 <input type="checkbox"/> Rest Day!	15 <input type="checkbox"/> Complete your 30 minutes today!	16 <input type="checkbox"/> Try a new way to sweat!	17 <input type="checkbox"/> Complete your 30 minutes today!	18 <input type="checkbox"/> Rest Day!	19 <input type="checkbox"/> Complete your 30 minutes today!
20 <input type="checkbox"/> Complete your 30 minutes today! <input type="checkbox"/> Make waffles!!	21 <input type="checkbox"/> Rest Day!	22 <input type="checkbox"/> Complete your 30 minutes today!	23 <input type="checkbox"/> Workout with a friend - but no running!	24 Happy Thanksgiving! <input type="checkbox"/> Turkey Trot 5K!	25 <input type="checkbox"/> Rest Day!	26 <input type="checkbox"/> Complete your 30 minutes today!
27 <input type="checkbox"/> Complete your 30 minutes today! <input type="checkbox"/> Head out for brunch!	28 <input type="checkbox"/> Rest Day!	29 <input type="checkbox"/> Complete your 30 minutes today!	30 <input type="checkbox"/> Workout with a friend - but no running!			

# BRUNCH RUNNING

## Recover + Reset #bRUNchRnR

DECEMBER 2022

### JOURNAL PROMPTS

- What is one way I can take care of my body better in 2023?
- What is the 1 race on my bucket list for 2023?
- What am I most proud of accomplishing in 2022?
- What race did I surprise myself at in 2022?
- What is one place I want to run next year?
- Where can I get outside of my comfort zone next year?
- What is the top piece of gear on my holiday wish list?
- How can I have more fun running next year?
- Why do I love to run?

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				1 <input type="checkbox"/> Complete your 30 minutes today!	2 <input type="checkbox"/> Workout with a friend - but no running!	3 <input type="checkbox"/> Journal for 30 minutes today!
4 <input type="checkbox"/> Complete your 30 minutes today!	5 <input type="checkbox"/> Rest Day!	6 <input type="checkbox"/> Journal for 30 minutes today!	7 <input type="checkbox"/> Complete your 30 minutes today!	8 <input type="checkbox"/> Rest Day!	9 <input type="checkbox"/> Workout with a friend - but no running!	10 <input type="checkbox"/> Workout with a friend - but no running!
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