

# 31 days of OCTOBER CHALLENGE



## 31 DAYS OF HEALTHY HABITS + FALL FUN!

1: Run for 30 minutes



2: Make homemade trail mix

3: LIVE workout

4: What made you smile today?

5: Go apple picking & drink cider!



6: Make a Fall Smoothie

7: Conquer 100 squats throughout the day.

8: Stir up this recipe for breakfast

9: Try a new workout



10: Whip up pumpkin protein balls

11: Have a bonfire



12: Tour the fall colors!

13: LIVE workout

14: Go for a hike



15: Write down three things you are grateful for.

16: Enjoy this new dinner recipe!

17: Run with your friend!

18: Visit a Haunted House

19: Visit a Pumpkin Patch and carve pumpkins!



20: Register for a Fall Run

21: Check out a new studio class

22: Make a leaf pile & jump in!



23: LIVE workout

24: Drink 8oz of water before you get out of bed

25: Watch a football game!



26: Attend a Fall fair

27: Go through a corn maze

28: Hike a new trail!

29: Make a dessert for a friend!

30: Explore a new area

31: Have some Halloween fun!



tag us + follow along!

#mihealthyhabits



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