

# STAY-CAY

## Challenge Themes



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

				<b>National Running Day</b> 1 Today is National Running Day! Celebrate and go for a run for your minutes today!	<b>Bridge Minutes</b> 2 MI has over 215 historic bridges on state owned road! Try to find a bridge (of any kind) today!	<b>National Donut Day</b> 3 Log enough minutes to earn your favorite donut reward today! We want pictures!	<b>State Saturday</b> 4 Michigan was the 26th state to be admitted into the union. Incorporate a 2 and a 6 into your minutes today!
<b>Dune Dash</b> 5 Michigan has more than 300,000 acres of sand dunes that offer breathtaking views. YUP - it is HILL REPEAT DAY!	<b>Merry Monday</b> 6 MI is home to Bronner's, the world's largest Christmas store! It's CHRISTMAS IN JUNE DAY!	<b>Trail Tuesday</b> 7 With over 3,000 miles of multi-use trails Michigan is the number 1 trail state! Log some trail minutes!	<b>Petoskey Stone</b> 8 The state stones of Michigan are made from fossilized limestone. Hunt for some pretty stones today!	<b>Hit the Road</b> 9 We all love a good summer road trip. Share your favorites with us and get your minutes on the road!	<b>Summer Picnic</b> 10 It's the perfect time for a picnic. Share your picnic picks and maybe plan one today!	<b>Snack Saturday</b> 11 Many well known eats come from the mitten state! Kellog's, Better Made, Jiffy and more! Try a MI treat!	
<b>Paul Bunyan!</b> 12 The State of Michigan recognizes Oscoda as the birthplace of Paul Bunyan. Get those minutes in among the lumber today!	<b>Michigan Rivalries</b> 13 UM vs MSU is a big rivalry in Michigan! What's your favorite rivalry? Show some team spirit.	<b>Take it to the Water</b> 14 More than 40% of the state is covered in water, more than any other state. Find some fun new water today!	<b>Waterfall Wednesday</b> 15 MI is home to over 300 waterfalls... Find a DOWNHILL to fly down for your minutes today!	<b>Park Here!</b> 16 Michigan is home to 103 State parks! We challenge you to head to a NEW park for your minutes today!	<b>Summer Drinks</b> 17 Share your favorite summer beverages and enjoy one after your minutes today!	<b>Mix It Up Saturday</b> 18 It's time to mix it up! Add some cross-training to your minutes today! Try something new if you can!	
<b>Summer Flowers</b> 19 Find some beautiful flowers during your minutes today and share them with us!	<b>Two Peninsulas!</b> 20 Michigan is the only state consisting of two peninsulas. Try a two-a-day today!	<b>Summer Solstice</b> 21 It is the longest day of the year! Go a few extra minutes today... You've got time!	<b>Signs of Summer</b> 22 Summer is here! Kick it off with your favorite summer activities and share them on Facebook!	<b>Mitten Bingo</b> 23 We'll provide you a BINGO board for your minutes today... How many items can you spot?	<b>Hey Birdy!</b> 24 MI is home to 360 bird species. We're all birdwatchers today! Keep your eyes out for some fun feathers!	<b>Slope Saturday</b> 25 Michigan is home to more than 40 ski resorts! Pick a hilly route today!	
<b>Sandy Sunday</b> 26 BEACH DAY! With 11,000 inland lakes and 3,300 miles of shoreline- MI knows beaches! Wear your beach best!	<b>Motor City Monday</b> 27 Detroit is recognized as the historic heart of the American automotive industry. Find a cool car out there today!	<b>Light Your Run</b> 28 Michigan has 116 lighthouses and navigational lights... Get your minutes in while its dark out and light it up!	<b>Camera Day</b> 29 Share a fun photo with the Facebook group for National Camera Day!	<b>Time to Celebrate!</b> 30 You made it to all of Michigan's amazing food producers, now it's time to celebrate!			