



GET ACTIVE

MILE A DAY

six
in
six
challenge



The Challenge

Challenge your Company & Senior members to walk 30 miles in 30 days. Boys can walk, run or cycle and can push the distance if they want to go further.

This Challenge is just for fun and to encourage young people to get active and hopefully improve their mental health a little too.

The challenge can be done as individuals or pairs/small groups could meet to walk outside, socially distanced.

How far can your group walk over the month?



What you need

The Challenge can be completed outside or using static equipment at home or in a gym.