

July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><i>1</i></p> <p>8:30am Walk with the Mayor 3pts 9:00am NAFM 3pts 12:00pm Meditation North Adams 3pts Daily Bonus Challenge**: Park your car and walk wherever you need to go</p>
<p><i>2</i></p> <p>8a-12p Open Swim @YMCA 3pts</p> <p>Daily Bonus Challenge**: Share one thing you love about North Adams on the MFC FB page</p>	<p><i>3</i></p> <p>5:45am Women's Boxing @YMCA</p> <p>7:00pm SOMA Meditation 3pts Daily Bonus Challenge**: Minimize waste, use reusable containers/items for all food and beverages</p>	<p><i>4</i></p> <p>Take a Hike and Celebrate the USA! 3 pts</p> <p>Daily Bonus Challenge**: Eat your USA colors! Today eat red, white and blue fruits/veggies</p>	<p><i>5</i></p> <p>5:30pm HIIT Fit in the Park 3pts.</p> <p>6:00pm SOMA Let's Dance 3pts. Daily Bonus Challenge**: Give 3 compliments today</p>	<p><i>6</i></p> <p>4:00pm Minor's Combat* (Youth 8-14) 3pts 5:30pm NA Fitness with Beth* 3pts Daily Bonus Challenge**: Pack your lunch</p>	<p><i>7</i></p> <p>Daily Bonus Challenge**: Organize a healthy pot luck at your place of work</p>	<p><i>8</i></p> <p>MFC Celebration @ North Adams SteepleCats Game</p> <p>You Did It!</p>

**** Complete the Daily Challenge on your own= 3pts.**

****Complete the Daily Challenge as a Team= 5pts/each**