

DAY	DAILY FUN PHOTO CHALLENGE
~ WEEK ONE ~	
SUNDAY, MAY 1, 2022	Post on Social Media about being in the #5kMay2022 challenge. Share a screenshot.
MONDAY, MAY 2, 2022	Run (or walk) while wearing a #5kMay Finishers T-Shirt from a previous year.
TUESDAY, MAY 3, 2022	Run (or walk) with someone who is NOT in the #5kMay2022 challenge.
WEDNESDAY, MAY 4, 2022	Run (or walk) with your nearest local running group.
THURSDAY, MAY 5, 2022	Find a Mexican Flag on your run (or walk) and celebrate Cinco de Mayo.
FRIDAY, MAY 6, 2022	Run (or walk) 1/4 mile BACKWARDS.
SATURDAY, MAY 7, 2022	Run (or walk) to an ice cream or coffee shop. Stop long enough to enjoy a treat, then finish your run (or walk).
~ WEEK TWO ~	
SUNDAY, MAY 8, 2022	Take a photo of something cool you saw on your 5k.
MONDAY, MAY 9, 2022	Take a photo of a landmark that you OFTEN run (or walk) by.
TUESDAY, MAY 10, 2022	Run (or walk) with someone you OFTEN exercise with.
WEDNESDAY, MAY 11, 2022	Run (or walk) with someone you HAVE NEVER exercised with.
THURSDAY, MAY 12, 2022	Run (or walk) while the sun is rising and snap a photo of the sunrise.
FRIDAY, MAY 13, 2022	Friday the 13th!! Run (or walk) while wearing a mask or crazy costume.
SATURDAY, MAY 14, 2022	Run (or walk) an OFFICIAL 5k race.
~ WEEK THREE ~	
SUNDAY, MAY 15, 2022	Run (or walk) while the sun is going down and snap a photo of the sunset.
MONDAY, MAY 16, 2022	Run (or walk) your entire 5k with mix-matched socks.
TUESDAY, MAY 17, 2022	Run (or walk) a route that creates an interesting shape on Strava. Post a screenshot.
WEDNESDAY, MAY 18, 2022	Wave at 10 people during your daily run (or walk).
THURSDAY, MAY 19, 2022	Run (or walk) over a bridge, then stop to get a great photo of the bridge.
FRIDAY, MAY 20, 2022	Run (or walk) somewhere you HAVE NEVER run (or walked) before.
SATURDAY, MAY 21, 2022	Run (or walk) your daily 5k while wearing a backpack.



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~ WEEK FOUR ~	
SUNDAY, MAY 22, 2022	Challenge yourself to run (or walk) your fastest mile during your daily 5k.
MONDAY, MAY 23, 2022	Before, after, or during your daily 5k, stop to hug a tree.
TUESDAY, MAY 24, 2022	Wear a hat and only one glove during your daily 5k. Post a selfie of your epic outfit.
WEDNESDAY, MAY 25, 2022	Pass 10 STOP SIGNS on your daily 5k, take a photo of at least one of them.
THURSDAY, MAY 26, 2022	Show off your faithful (or brand new) running (or walking) shoes.
FRIDAY, MAY 27, 2022	Take a photo of a squirrel (or other furry animal) you see during your daily 5k.
SATURDAY, MAY 28, 2022	Run (or walk) more than one 5k, and post a collage of selfies from each one.
~ WEEK FIVE ~	
SUNDAY, MAY 29, 2022	Run (or walk) your daily 5k on a local school track.
MONDAY, MAY 30, 2022	Run (or walk) your daily 5k on a local nature trail.
TUESDAY, MAY 31, 2022	Run (or walk) your FINAL #5kMay2022 5k and post a CELEBRATORY PHOTO!!

