


5 KEVER YDAY


Daily Journal

IN THE MONTH OF MAY 2026

#DAILYFUNPHOTO CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					LET 'EM KNOW! Post on social media, letting everyone know that you are in the #5kMay2026 challenge.	DERBY DAY Share a photo of you wearing your favorite (or crazy) hat for today's 5k.
3	4	5	6	7	8	9
A.I. MASTERPIECE Use AI to help you create a photo of you doing your dream 5k.	MAY THE FOURTH Stop mid run / walk to stage an epic Star Wars themed photo...	CINCO DE 5K Celebrate Cinco de Mayo by taking a photo of a Mexican flag found on your daily 5k.	BEVERAGE RUN On National Beverage Day, run to your favorite beverage shop and snap a photo of your mid-run treat.	ONE WEEK DEEP Snap a photo of how you are feeling after seven days of 5ks.	5K FIT CHECK Post a photo of your 5k fit.	WATER FEATURE Run by a lake, river, ocean, or other water feature and snap a photo.
10	11	12	13	14	15	16
DAY TEN! Post a celebratory photo holding up ten fingers for your tenth 5k in May!	5K MAY CREW Gather your faithful 5k May Crew together for a group photo.	DAILY JOY Post a photo of something from your daily 5k that brought you joy.	SHOW OFF YOUR KICKS Post a photo of your faithful (or brand new) running and / or walking shoes.	MILE 1 PHOTO Share a photo of what you see (or how you feel) at mile 1 of your daily 5k.	LOCAL LANDMARK Take a photo of an epic local landmark that is a part of your typical 5k.	STRAVA SHAPES Do a daily 5k that creates a fun route shape on Strava. Share a screenshot.
17	18	19	20	21	22	23
LOCAL TRACK STARS Do your daily 5k at a local high school track. Post a photo finish!	SUNRISE / SUNSET Do your daily 5k while the sun is rising or setting and capture a stunning photo.	THAT'S MY TEAM! Wear a shirt supporting your favorite sports team for today's 5k. Post a pic.	♥ BESTIES ♥ Do your daily 5k with someone you often run / walk with. Post a photo together.	WEIRDALICIOUS Post a photo of the weirdest thing you saw on today's 5k.	I CAN FIND MYSELF FLOWERS Take a photo of flowers you found on your daily 5k.	MY INSPIRATION Post a photo of something that inspires you to keep moving forward in the #5kMay2026 challenge.
24	25	26	27	28	29	30
A SHADOWY CHARACTER Take a photo of your shadow following you around on your daily 5k.	MEMORIAL DAY Post a photo showing how you are choosing to reflect on Memorial Day during your daily 5k.	YE OL' NATURE TRAIL Do your daily 5k at a local nature trail. Post a photo from the experience.	A RUNNING .5 Take a mid-run .5 of you and whoever else is with you for your daily 5k.	CRAZY SOCKS Wear crazy (or mismatched) socks on your daily 5k and post a pic to prove it!	DA BRIDGE Choose a 5k route that includes an epic bridge, and post a photo with the bridge in the background.	BUTTER RUN Follow the runner's butter recipe and run 'til it turns to butter... then post a photo of your post-run butter.
31						
CELEBRATE!! Take a celebratory photo after finishing your FINAL 5k of #5kMay2026!!						

SCRIPTURE READING CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <input type="checkbox"/> Matthew 1 <input type="checkbox"/> Matthew 2 <input type="checkbox"/> Matthew 3	2 <input type="checkbox"/> Matthew 4 <input type="checkbox"/> Matthew 5 <input type="checkbox"/> Matthew 6
3 <input type="checkbox"/> Matthew 7 <input type="checkbox"/> Matthew 8 <input type="checkbox"/> Matthew 9	4 <input type="checkbox"/> Matthew 10 <input type="checkbox"/> Matthew 11 <input type="checkbox"/> Matthew 12	5 <input type="checkbox"/> Matthew 13 <input type="checkbox"/> Matthew 14 <input type="checkbox"/> Matthew 15	6 <input type="checkbox"/> Matthew 16 <input type="checkbox"/> Matthew 17 <input type="checkbox"/> Matthew 18	7 <input type="checkbox"/> Matthew 19 <input type="checkbox"/> Matthew 20 <input type="checkbox"/> Matthew 21	8 <input type="checkbox"/> Matthew 22 <input type="checkbox"/> Matthew 23 <input type="checkbox"/> Matthew 24	9 <input type="checkbox"/> Matthew 25 <input type="checkbox"/> Matthew 26 <input type="checkbox"/> Matthew 27
10 <input type="checkbox"/> Matthew 28 <input type="checkbox"/> Mark 1 <input type="checkbox"/> Mark 2	11 <input type="checkbox"/> Mark 3 <input type="checkbox"/> Mark 4 <input type="checkbox"/> Mark 5	12 <input type="checkbox"/> Mark 6 <input type="checkbox"/> Mark 7 <input type="checkbox"/> Mark 8	13 <input type="checkbox"/> Mark 9 <input type="checkbox"/> Mark 10 <input type="checkbox"/> Mark 11	14 <input type="checkbox"/> Mark 12 <input type="checkbox"/> Mark 13 <input type="checkbox"/> Mark 14	15 <input type="checkbox"/> Mark 15 <input type="checkbox"/> Mark 16 <input type="checkbox"/> Luke 1	16 <input type="checkbox"/> Luke 2 <input type="checkbox"/> Luke 3 <input type="checkbox"/> Luke 4
17 <input type="checkbox"/> Luke 5 <input type="checkbox"/> Luke 6 <input type="checkbox"/> Luke 7	18 <input type="checkbox"/> Luke 8 <input type="checkbox"/> Luke 9 <input type="checkbox"/> Luke 10	19 <input type="checkbox"/> Luke 11 <input type="checkbox"/> Luke 12 <input type="checkbox"/> Luke 13	20 <input type="checkbox"/> Luke 14 <input type="checkbox"/> Luke 15 <input type="checkbox"/> Luke 16	21 <input type="checkbox"/> Luke 17 <input type="checkbox"/> Luke 18 <input type="checkbox"/> Luke 19	22 <input type="checkbox"/> Luke 20 <input type="checkbox"/> Luke 21 <input type="checkbox"/> Luke 22	23 <input type="checkbox"/> Luke 23 <input type="checkbox"/> Luke 24 <input type="checkbox"/> John 1
24 <input type="checkbox"/> John 2 <input type="checkbox"/> John 3 <input type="checkbox"/> John 4	25 <input type="checkbox"/> John 5 <input type="checkbox"/> John 6 <input type="checkbox"/> John 7	26 <input type="checkbox"/> John 8 <input type="checkbox"/> John 9 <input type="checkbox"/> John 10	27 <input type="checkbox"/> John 11 <input type="checkbox"/> John 12 <input type="checkbox"/> John 13	28 <input type="checkbox"/> John 14 <input type="checkbox"/> John 15 <input type="checkbox"/> John 16	29 <input type="checkbox"/> John 17 <input type="checkbox"/> John 18 <input type="checkbox"/> John 19	30 <input type="checkbox"/> John 20 <input type="checkbox"/> John 21 <input type="checkbox"/> Acts 1
31 <input type="checkbox"/> Acts 2 <input type="checkbox"/> Acts 3 <input type="checkbox"/> Acts 4						

FRIDAY, MAY 1, 2026

CHECK-IN
#1

MILES FOR TODAY:

_____ walk / run

LET 'EM KNOW!

NOTES FROM TODAY'S WORKOUT:

Post on social media, letting everyone know that you are in the #5kMay2026 challenge

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 1-3

NOTES FROM SCRIPTURE READING:

THOUGHT FOR TODAY:

*Today you start. Not perfect, just present. Lace up and show up
—your future self is already proud. 5k begins with one step.*



SATURDAY, MAY 2, 2026

MILES FOR TODAY: _____

walk / run

DERBY DAY

NOTES FROM TODAY'S WORKOUT: _____

Share a photo of you wearing your favorite (or crazy) hat for today's 5k.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 4-6

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Consistency beats motivation every time. You don't have to feel like it—you just have to do it. One foot in front of the other.



SUNDAY, MAY 3, 2026

MILES FOR TODAY: _____

walk / run

A.I. MASTERPIECE

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 7-9

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Every 5k you run is a vote for the person you're becoming.
Keep casting those votes.*



MONDAY, MAY 4, 2026

MILES FOR TODAY: _____

walk / run

MAY THE FOURTH

NOTES FROM TODAY'S WORKOUT: _____



Stop mid run / walk to stage an epic Star Wars themed photo...

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 10-12

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Your body is capable of more than your mind wants to believe.
Prove it today.*



TUESDAY, MAY 5, 2026

MILES FOR TODAY: _____

walk / run

CINCO DE 5K

NOTES FROM TODAY'S WORKOUT: _____

Celebrate Cinco de Mayo by taking a photo of a Mexican flag found on your daily 5k.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 13-15

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Progress isn't always visible, but it's happening.
Trust the process and keep moving.*



WEDNESDAY, MAY 6, 2026

MILES FOR TODAY: _____

walk / run

BEVERAGE RUN

NOTES FROM TODAY'S WORKOUT: _____

On National Beverage Day, run to your favorite beverage shop and snap a photo of your mid-run treat.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 16-18

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

The discomfort you feel today is the strength you'll have tomorrow. Embrace it.



THURSDAY, MAY 7, 2026

MILES FOR TODAY: _____

walk / run

ONE WEEK DEEP

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 19-21

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*One week down! You're no longer someone who *wants* to run —you're someone who does. Celebrate that.*



FRIDAY, MAY 8, 2026

MILES FOR TODAY: _____

walk / run

5K FIT CHECK

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 22-24

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

When your legs get heavy, let your mind get stronger. You're tougher than you think.



SATURDAY, MAY 9, 2026

MILES FOR TODAY: _____

walk / run

WATER FEATURE

NOTES FROM TODAY'S WORKOUT: _____

Run by a lake, river, ocean, or other water feature and snap a photo.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 25-27

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Running is more than exercise—it's therapy, meditation, and self-love all in motion.



SUNDAY, MAY 10, 2026

MILES FOR TODAY: _____

walk / run

DAY TEN!

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Matthew 28 - Mark 2

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Small daily wins create massive long-term change.
You're building something powerful.*



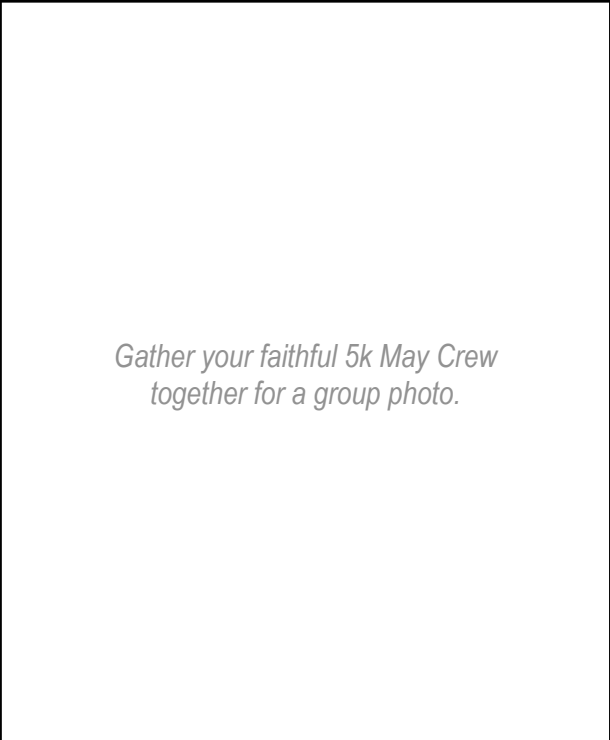
MONDAY, MAY 11, 2026

MILES FOR TODAY: _____

walk / run

5K MAY CREW

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Mark 3-5

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*You don't need perfect conditions.
You only need the decision to go.*



TUESDAY, MAY 12, 2026

MILES FOR TODAY: _____

walk / run

DAILY JOY

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Mark 6-8

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Energy doesn't create commitment—commitment creates energy. Show up and watch it flow.



WEDNESDAY, MAY 13, 2026

MILES FOR TODAY: _____

walk / run

SHOW OFF YOUR KICKS

NOTES FROM TODAY'S WORKOUT: _____

Post a photo of your faithful (or brand new) running and / or walking shoes.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Mark 9-11

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Every mile proves you're stronger than your excuses.
Silence them today.*



THURSDAY, MAY 14, 2026

MILES FOR TODAY: _____

walk / run

MILE 1 PHOTO

NOTES FROM TODAY'S WORKOUT: _____

*Share a photo of what you see
(or how you feel) at mile 1 of your
daily 5k.*

TODAY I FEEL:



DAILY SCRIPTURE READING:

Mark 12-14

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Two weeks in! Your habits are forming, your confidence is growing, and your legs are getting faster. Keep going.



FRIDAY, MAY 15, 2026

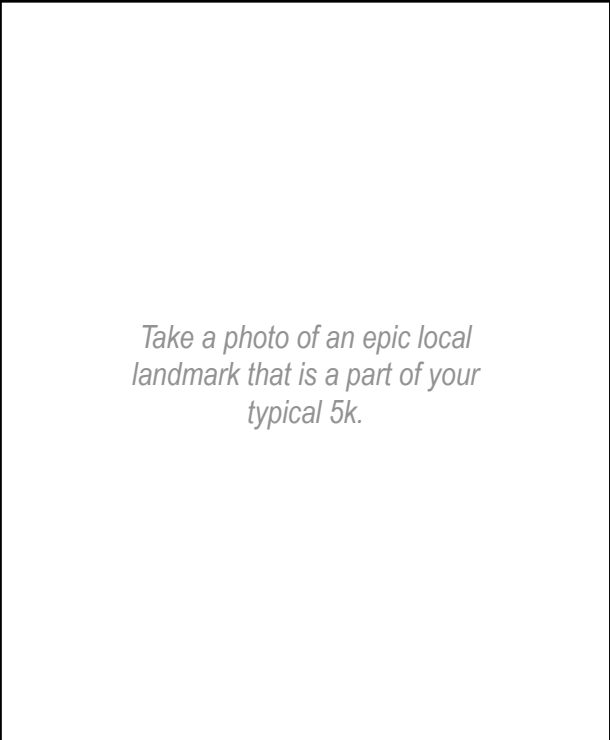
CHECK-IN #2

MILES FOR TODAY: _____

walk / run

LOCAL LANDMARK

NOTES FROM TODAY'S WORKOUT:



TODAY I FEEL:



DAILY SCRIPTURE READING:

Mark 15 - Luke 1

NOTES FROM SCRIPTURE READING:

THOUGHT FOR TODAY:

Halfway through the month. Look how far you've come. The second half will be even better.



SATURDAY, MAY 16, 2026

MILES FOR TODAY: _____

walk / run

STRAVA SHAPES

NOTES FROM TODAY'S WORKOUT: _____

Do a daily 5k that creates a fun route shape on Strava. Share a screenshot.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 2-4

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Some days feel easy. Some feel hard. Both count.
Both make you better.*



SUNDAY, MAY 17, 2026

MILES FOR TODAY: _____

walk / run

LOCAL TRACK STARS

NOTES FROM TODAY'S WORKOUT: _____

Do your daily 5k at a local high school track. Post a photo finish.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 5-7

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Pain is temporary, but quitting is forever.
Don't quit. Just keep moving.*



MONDAY, MAY 18, 2026

MILES FOR TODAY: _____

walk / run

SUNRISE / SUNSET

NOTES FROM TODAY'S WORKOUT: _____

Do your daily 5k while the sun is rising or setting and capture a stunning photo.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 8-10

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Your 5k today is an act of self-respect.
Treat your body like the gift it is.*



TUESDAY, MAY 19, 2026

MILES FOR TODAY: _____

walk / run

THAT'S MY TEAM!

NOTES FROM TODAY'S WORKOUT: _____

Wear a shirt supporting your favorite sports team for today's 5k. Post a pic.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 11-13

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

The only bad run is the one you didn't do. You're already winning by starting.



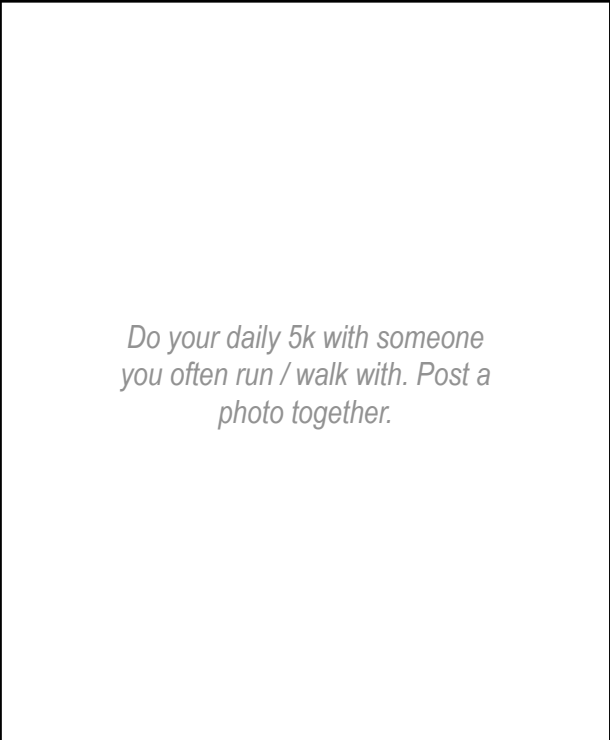
WEDNESDAY, MAY 20, 2026

MILES FOR TODAY: _____

walk / run

♥ **BESTIES** ♥

NOTES FROM TODAY'S WORKOUT:



TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 14-16

NOTES FROM SCRIPTURE READING:

THOUGHT FOR TODAY:

Discipline is choosing what you want most (a stronger you) over what you want now (comfort).



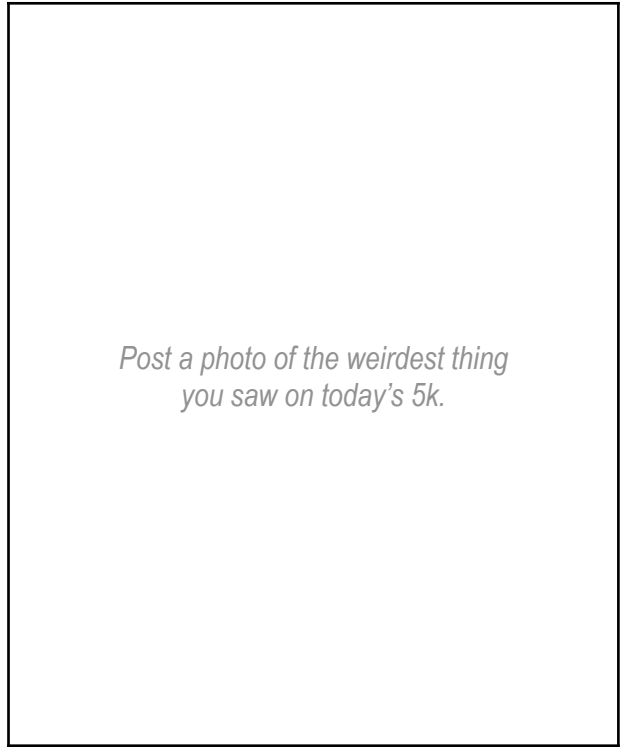
THURSDAY, MAY 21, 2026

MILES FOR TODAY: _____

walk / run

WEIRDALICIOUS

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 17-19

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Three weeks strong! You've built momentum—don't stop now.
Choose to be unstoppable.*



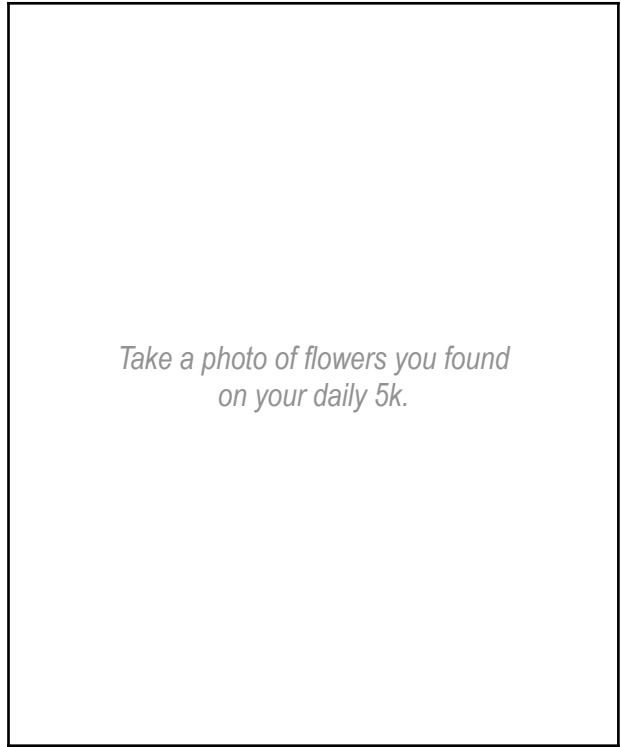
FRIDAY, MAY 22, 2026

MILES FOR TODAY: _____

walk / run

I CAN FIND MYSELF FLOWERS

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 20-22

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

You've run more 5ks this month than most people run all year.



SATURDAY, MAY 23, 2026

MILES FOR TODAY: _____

walk / run

MY INSPIRATION

NOTES FROM TODAY'S WORKOUT: _____

Post a photo of something that inspires you to keep moving forward in the #5kMay2026 challenge.

TODAY I FEEL:



DAILY SCRIPTURE READING:

Luke 23 - John 1

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Run today for the version of you who once thought this was impossible.



SUNDAY, MAY 24, 2026

MILES FOR TODAY: _____

walk / run

A SHADOWY CHARACTER

NOTES FROM TODAY'S WORKOUT: _____

Take a photo of your shadow following you around on your daily 5k.

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 2-4

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*Every step is proof that you can do hard things.
Keep collecting proof.*



MONDAY, MAY 25, 2026

MILES FOR TODAY: _____

walk / run

MEMORIAL DAY

NOTES FROM TODAY'S WORKOUT: _____

Post a photo showing how you are choosing to reflect on Memorial Day during your daily 5k.

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 5-7

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*The finish line doesn't have to be May 31.
If you are tired of starting over, just don't quit.*



TUESDAY, MAY 26, 2026

MILES FOR TODAY: _____

walk / run

YE OL' NATURE TRAIL

NOTES FROM TODAY'S WORKOUT: _____

Do your daily 5k at a local nature trail. Post a photo from the experience.

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 8-10

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Your body is healing, your mind is clearing, and your spirit is rising with every mile.



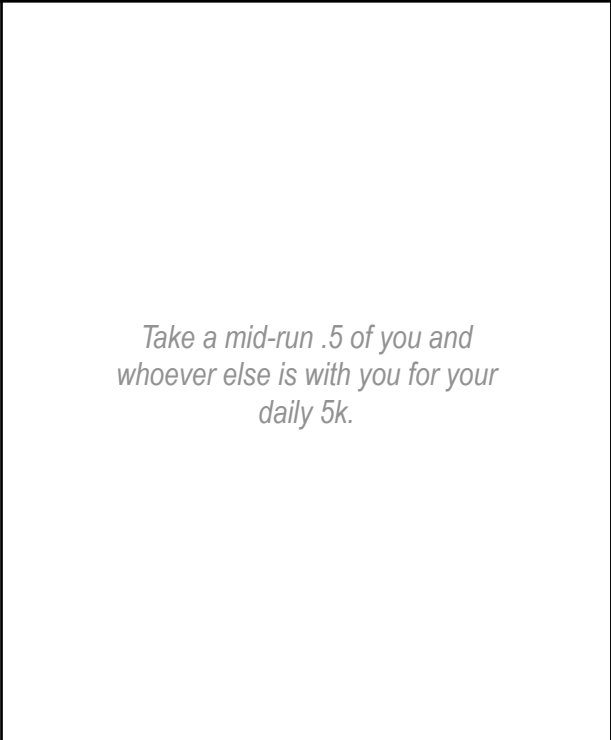
WEDNESDAY, MAY 27, 2026

MILES FOR TODAY: _____

walk / run

A RUNNING .5

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

John 11-13

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

*This challenge is just an opportunity wearing running shoes.
Lace up and conquer.*



THURSDAY, MAY 28, 2026

MILES FOR TODAY: _____

walk / run

CRAZY SOCKS

NOTES FROM TODAY'S WORKOUT: _____

Wear crazy (or mismatched) socks on your daily 5k and post a pic to prove it!

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 14-16

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Four weeks in—most people quit by now. You're not most people. You're a finisher.



FRIDAY, MAY 29, 2026

MILES FOR TODAY: _____

walk / run

DA BRIDGE

NOTES FROM TODAY'S WORKOUT:

Choose a 5k route that includes an epic bridge, and post a photo with the bridge in the background.

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 17-19

NOTES FROM SCRIPTURE READING:

THOUGHT FOR TODAY:

You're almost there. The end is in sight, but the real prize is who you've become.



SATURDAY, MAY 30, 2026

CHECK-IN
#3

MILES FOR TODAY: _____

walk / run

BUTTER RUN

NOTES FROM TODAY'S WORKOUT: _____

*Follow the runner's butter recipe
and run 'til it turns to butter...
then post a photo of your post-
run butter.*

TODAY I FEEL:



DAILY SCRIPTURE READING:

John 20 - Acts 1

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

Tomorrow is the last day. Make today count so you finish this month flying.



SUNDAY, MAY 31, 2026

MILES FOR TODAY: _____

walk / run

CELEBRATE!!

NOTES FROM TODAY'S WORKOUT: _____



TODAY I FEEL:



DAILY SCRIPTURE READING:

Acts 2-4

NOTES FROM SCRIPTURE READING: _____

THOUGHT FOR TODAY:

You did it. 31 days. 31 5ks. You showed up for yourself every single day. Be incredibly proud. This is just the beginning.





If you enjoyed the 5k Every Day in the Month of May 2026 challenge (and all of the FREE resources that went along with it) please consider becoming a JEFF POLEN MUSIC Ministry Partner.

The Jeff Polen Music ministry exists to point others to Jesus Christ, who is the source of all truth, love, life, and good... and in the process not to miss Him for ourselves.

We are able to keep focused on the work of the ministry because of the faithful support of people who believe in the ministry and who have been blessed by the ministry.

If you would like more information about becoming a JPM Ministry Partner, or if you already know that you want to be a part of our amazing team, please take a moment to visit the website through the QR code below.

