

Week 5 (May 28th - June 3rd): Fast Walking, Running, or Cycling

Challenge: *Fast Walking, Running or Cycling*

Your challenge this week is to participate in a sport that involves running, fast walking or cycling (or just running itself) for 3 out of the 7 days this week to earn your Week 5 Badge.

The goal is to log 50 000 Beat points per week (10 000 steps or points/day). It's a good idea to record your mileage daily even if you choose not to exercise. Daily journaling encourages you to reflect your progress and be mindful when you detour from your goal.

You will receive your Week 5 badge once you reach the 50 000 points mark for this week.

BONUS - Coulee Clean-Up Badge: Participate in our annual Coulee Clean-up and ear your Coulee Clean-up Badge