



ATB 30 Day Fun Challenge Day 1 – 10 Challenges

Day 1 Challenge:

1. Run/walk 3,000 steps in 30 minutes **OR**
2. Run/walk 30,000 steps in 3 days (any 3 consecutive days of the challenge) **OR**
3. Run/walk 300,000 steps in 30 days

Day 2 Challenge:

1. 30 Cartwheels **OR**
2. 3 sets of 10 burpies **OR**
3. Eat 5 different types of apples in 5 days

Day 3 Challenge:

1. Run/walk past 300 lamp posts **OR**
2. Run/walk until you identify 30 different models of cars **OR**
3. Go 3 hours (while you are awake) without looking at your mobile

Day 4 Challenge:

1. For at least 3km, run/walk **avoiding** all lines, seams, or cracks **OR**
2. For at least 3km, run/walk **stepping** on all lines and seams you cross **OR**
3. Smile and/or help others to smile 30 times in a day

Day 5 Challenge:

1. Climb 250 stairs **OR**
2. Cycle/Inline skate 10km **OR**
3. Avoid saying “COVID” or “pandemic” in a 24 hour span

Day 6 Challenge:

1. 10 Planks holding either 30 seconds or 1 minute each **OR**
2. Drink at least 10 glasses of water (1.5L) in a day **OR**
3. Run/Walk by at least 10 oak trees that still have leaves on them

Day 7 Challenge:

1. Run/Walk until at least 15 people wave back at you **OR**
2. 100 Jumping Jacks **OR**
3. While awake, do absolutely nothing for 30 min. No mobile, no tv, just “sit and be”. Music on is okay.

Day 8 Challenge:

1. Run/Walk at least 3km in 3 different cities/towns during this challenge **OR**
2. Run/Walk 30km cumulatively in a week (any 7 consecutive days) **OR**
3. Try a fruit or vegetable that you have never eaten before

Day 9 Challenge:

1. Count how many times you say “Eh” in a day and that’s how many km to run/walk the following day **OR**
2. Run/walk until you see at least 10 Canadian flags **OR**
3. 3 sets of 10 push-ups/modified push-ups

Day 10 Challenge:

1. Run/Walk until you spell “Around The Bay” using only one letter from seeing it on a licence plate. (Rural participants can also use road/street signs) **OR**
2. 3 Sets of 10 sit-ups/curl-ups **OR**
3. Sleep for 10 hours straight