

# Mile a day

## 30 miles in 30 days

### What you need:

- A spreadsheet to track total group mileage
- A smartphone or smart watch to record the milage

### The challenge:

Challenge your company and senior young people to cover 30 miles in 30 days. They can walk, run, cycle, skateboard or whatever method they choose. If they want to push themselves they can also go further than 30 miles.

This is a fun challenge that can be completed as a group to encourage young people to get active and improve their mental health.

This challenge can be completed as individuals or in groups if the young people want to walk together.

This can be completed outside or using static equipment at home or in a gym or activity centre.

If the group wanted to make this more competitive, they could see who could do the furthest number of miles by the end of the month and go beyond 30 miles. But this is 100% optional.