



# The #DailyMileAtHome

## WEEK 3 (MONDAY 20 APRIL)



It's time for your Week 3 The **#DailyMileAtHome** Challenges already. Weeks 1 and 2 whizzed by in a blur, so get yourself ready for three fun-packed Challenges this week.

## REMIND ME WHAT I HAVE TO DO?

The **#DailyMileAtHome** is simple.

Step one, head outside for a jog or a run, or a walk-jog, or a walk-run, for 15 minutes from front door to front door.

Step two, do our Challenges while you're out and about, or when you get back home.

Step three, take a picture (if you want to) and share it using **#DailyMileAtHome**. We love to see you completing your Challenges!

## SOUNDS GOOD

Glad you think so! And don't forget, when you do a bit of exercise and you get outside if it's safe to do so, you'll come back home happier and, if you keep it up, you'll be fitter and stronger. What's not to like?

## ANYTHING ELSE?

Take a look at some of the pictures at **#DailyMileAtHome** – now the holidays are over we're hoping more and more schools will get involved in The **#DailyMileAtHome**. If you see someone you know taking part, you can give them a 'like' (check all this with your grown-up first, of course).

## I'M RARING TO GO — HOLD MY COAT...

Steady, before you start. Be safe. Listen to what your grown-up tells you about keeping a distance from other people. Don't go to a place where it's busy – find a quiet spot. Wash your hands as soon as you're back home.



### CHALLENGE 6

(MONDAY 20 AND TUESDAY 21 APRIL)

#### TOO-BIG T-SHIRTS DAY

Do you wear the same old stuff every time you go out?

Liven it up and find the biggest T-shirt you can – We bet your grown-up has a big, baggy one somewhere.

Now do you **#DailyMileAtHome** in a too-big T-shirt. You'll make everyone smile when they see you!

P.S. Just don't trip over!



### CHALLENGE 7

(WEDNESDAY 22 AND THURSDAY 23 APRIL)

#### WEAR BLUE

Let's keep this Challenge going every week.

It shows we are grateful to the people caring for anyone who is ill at the moment. They are real heroes.

So find something blue to wear when you're out doing your **#DailyMileAtHome**



### CHALLENGE 8

(FRIDAY 24 APRIL)

#### COUNT THE RAINBOWS

Head out and about where you live – can you spot any rainbows in the windows?

See how many you can count and let us know **#DailyMileAtHome**

We think the record will be 15. Can you beat that?

We'd love to see pictures of your rainbows too!



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