



EXERCISE ON THE D&L BEFORE 11AM	TAKE A 2 MILE NEIGHBORHOOD WALK 2-MILE	TAKE A 4 MILE BIKE RIDE 4-MILE	TAKE A 2 MILE WALK ON THE D&L 2-MILE	DO 20 LUNGES .25 MILE
DO 30 MINUTES OF YARD WORK 1.5 MILE	WEAR A MASK WHEN RUNNING ERRANDS	DO 15 SQUATS .25 MILE	DO 10 BURPEES .25 MILE	TAKE A 5 MILE BIKE RIDE ALONG THE D&L 5-MILE
DO HIGH-INTENSITY AEROBICS FOR 11 MINUTES 1-MILE	EAT A NEW VEGETABLE	PRACTICE SOCIAL DISTANCING	PRACTICE 30 MINUTES OF YOGA 1.5 MILE	TAKE A 1 MILE HIKE 1-MILE
DO 3 SETS OF 10 SIT-UPS .25 MILE	TAKE A 3 MILE HIKE 3-MILE	DO 5 .5 MINUTES OF STAIR CLIMBING .50 MILE	TRY A NEW VEGETABLE	DO A 30-SECOND PLANK .25 MILE
TAKE A 10 MILE BIKE RIDE 10-MILE	DO 50 JUMPING JACKS .5 MILE	TAKE A 3-MILE WALK ON THE D&L 3-MILE	DO 3 SETS OF 5 PUSHUPS .25 MILE	EAT 5-9 SERVINGS OF FRUITS/ VEGETABLES IN 1 DAY



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