

10 BEFORE 2: ACTIVE AUGUST

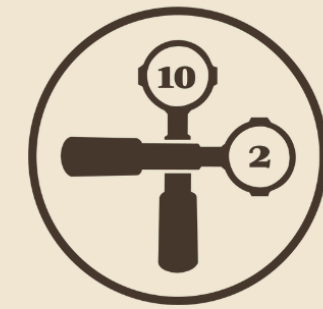
A chance to move more, feel better,
and do it alongside a community that's cheering you on.

The goal: move your body, every day, for 31 days.

No apps, no pressure, just a goal that feels right for you. Maybe it's a lunchtime walk with a friend. Maybe it's riding to work, a stretch in your lounge, or chasing your kids around the backyard. Whatever works for your body and your routine, in a rhythm that suits you, it all counts.

Challenge Starts August 1

1. Choose a daily goal/challenge (or make your own)
2. Track your progress, on the calendar, or any way you like
3. Share your progress: Join our [Strava Club](#) & #ActiveAugust on socials.



**10
Before
2**

**20 MINUTES
A DAY**

Walk, run, ride or swim

**MARATHON
IN A MONTH**

1.36km a day

**CLEMENTINE YASS
TO TBT GREENWAY**

2.5km a day (78km total)

155KM

~5km a day

**310KM
TOTAL**

If you're up for
a big one!

**OR CHOOSE
YOUR OWN ADVENTURE!**

Two Before Ten
Because it matters.



ACTIVE AUGUST

Two Before Ten
Because it matters.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				01Challenge Starts R4R Greenway	02	03
04	05 R4R Denman	06	07	08 R4R Greenway	09	10
11	12 R4R Denman	13	14	15 R4R Greenway	16	17
18	19 R4R Denman	20	21	22 R4R Greenway	23	24
25	26 R4R Denman	27	28	29 R4R Greenway	30	31
ACTIVE AUGUST GOAL:						

