





Have some fun while meeting your goals by participating in the Frosty Forty weekly themes! Themes will prompt you to explore new places, support local business and maybe even learn something new! Share the places you love to explore by posting in the [Frosty Forty Facebook Event Page](#) or using the hashtag [#Frosty40](#) when you post on social media.

Week 1: Explore Your Favorite Trail	Week 5: Move Differently	Week 9: Explore an Urban Trail
Week 2: Explore at Night	Week 6: Dedicate Your Hike	Week 10: Hike With Someone New
Week 3: Support a Local Business	Week 7: Hike With Someone You Love	Week 11: Give Back by Cleaning Up
Week 4: Explore Somewhere New	Week 8: Spot and Identify a New Bird	

Color one turkey track for each mile you walk, run, ski, or snowshoe!

	10 MILES COMPLETED GREAT START!
	20 MILES COMPLETED HALF-WAY THERE!
	30 MILES COMPLETED KEEP UP THE GOOD WORK!
	40 MILES COMPLETED YOU DID IT!
	50 MILES COMPLETED ABOVE AND BEYOND!