

# HAMILTON MONDAY MILE



## WAYS TO MONDAY MILE:

- ☀ Indoor Track (8 laps)
- ☀ Outdoor Track (4 laps)
- ☀ Mapped Campus Loop
- ☀ Treadmill
- ☀ Another favorite route of your choice!

*Grab a friend - Grab a Colleague - Grab Some Swag!*

FEBRUARY

MARCH

APRIL

MAY



Scan me for more  
information!



Track your Monday Miles to meet your movement goals and engage with others!