

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



Program ends
May 12th

Scan me for more
information!



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