

# JUNIOR ADVENT TRACKER

GREAT RUN  
SOLO

The challenge is to complete 8 (or more) runs between 1 & 25 December.

To keep you on your tinsel toes, there are 10 tasks to try and complete alongside your challenge. Tick off or colour in the star for each task you complete!

1 



Make a running  
Christmas decoration

2 



Run in a festive outfit  
(Santa's hat, Elf ears,  
Rudolph antlers etc,  
all count!)

3 

Do 20 Star  
Jumps

4 



Sing a whole Christmas  
song out loud as you  
run

5 



Jingle all the way... add  
Christmas decorations to  
your trainers

6 

Touch your  
(mistle)toes  
20 times

7 



Run and find a  
decorated Christmas  
tree on your street

8 

Do 20  
Jumping  
Jacks

9  

 

Find a Christmas song  
with the word "Run" in  
it, and sing it

10 

Draw your  
running  
route

Then go out and run it