

DON'T WANT TO CHOOSE? RUN THIS ONE

THE 31-DAY OCTOBER CHALLENGE CALENDAR

One action a day. Nothing over 30 minutes. Every day ends in something you can photograph.

☐ 1 Write your challenge down. Photograph the page.

☐ 2 Carve, paint or draw one pumpkin. Paper counts.

☐ 3 20-minute walk after dark.

☐ 4 Bake something orange.

☐ 5 Costume audit – 3 pieces you already own.

☐ 6 Read ten pages of something eerie.

☐ 7 Clear the one drawer you're avoiding.

☐ 8 Cook a soup from scratch.

☐ 9 31 squats before your first coffee.

☐ 10 Photo: a shadow self-portrait.

☐ 11 Send the message you've been putting off.

☐ 12 Make one decoration from paper or cardboard.

☐ 13 Watch a black-and-white horror classic.

☐ 14 Movement: 31 reps, three rounds.

☐ 15 Cook something you've never cooked before.

☐ 16 Photograph a room lit only by candles.

☐ 17 No-spend day.

☐ 18 Learn five lines by heart and film them.

☐ 19 10,000 steps.

☐ 20 Bake for somebody else and deliver it.

☐ 21 60 seconds of cold water.

☐ 22 Photograph the worst weather of the week.

☐ 23 Build a 13-track playlist for the 31st.

☐ 24 Costume test run – full look, full-length photo.

☐ 25 20 minutes on the scary paperwork.

☐ 26 Make one party dish ahead and freeze it.

☐ 27 Stairs: ten flights.

☐ 28 One thing leaves the house.

☐ 29 Deep-clean the kitchen. Before and after.

☐ 30 Decorations up, lights on, house dressed.

☐ 31 Wear it. Show up. Photograph the finish.

A MISSED DAY IS A MISSED DAY. NOT A RESET.

Skip the square, keep the deadline. The finish line is still 31 October.

Prefer to build your own? Use the 31-day tracker sheet – same rules, blank squares.