When addressing a challenge so large and overwhelming as the Global COVID19 Pandemic, it's smart to start small and local.

That's why the first Social Impact Challenge focuses on supporting our local community: your family, friends, and neighbors. Social distancing does not and should not have to mean losing connections with those around you; in fact, right now is an unique opportunity to strengthen or create new connections with the people in our own community. This week's Social Impact Challenge encourages us to support those who are most vulnerable, appreciate those working to keep us safe, and foster belonging and connection even when we have to be physically apart.

**A**

Cook a healthy meal for your family or lead a workout for your family & send a picture of your meal or your workout plan to your teammates.

![Cook a healthy meal](image)

**B**

Write & send a thank you note to frontline workers in your community (trash collection teams, postal officers, grocery store staff, nurses, or doctors).
Send a picture of your note to your coach.

![Write a thank you note](image)

**C**

Write a profile of a local leader in your community who inspires you to give back.
Send the profile to the local leader, share your chosen local leader with your teammates, & take a picture of your profile to send to your coach.

![Write a profile](image)