

CHALLENGE



MILES LOG

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	2 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	3 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	4 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___
5 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	6 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	7 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	8 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	9 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	10 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	11 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___
12 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	13 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	14 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	15 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	16 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	17 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	18 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___
19 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	20 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	21 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	22 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	23 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	24 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	25 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___
26 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	27 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___	28 TIME ___ MILES ___ TOTAL TIME ___ TOTAL MILES ___				