

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 ____ | | | | | | |