

# CHALLENGE



# MILES LOG

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

1  
MILES TODAY: \_\_\_\_\_  
TOTAL MILES: \_\_\_\_\_

2 MILES TODAY: _____ TOTAL MILES: _____	3 MILES TODAY: _____ TOTAL MILES: _____	4 MILES TODAY: _____ TOTAL MILES: _____	5 MILES TODAY: _____ TOTAL MILES: _____	6 MILES TODAY: _____ TOTAL MILES: _____	7 MILES TODAY: _____ TOTAL MILES: _____	8 MILES TODAY: _____ TOTAL MILES: _____
9 MILES TODAY: _____ TOTAL MILES: _____	10 MILES TODAY: _____ TOTAL MILES: _____	11 MILES TODAY: _____ TOTAL MILES: _____	12 MILES TODAY: _____ TOTAL MILES: _____	13 MILES TODAY: _____ TOTAL MILES: _____	14 MILES TODAY: _____ TOTAL MILES: _____	15 MILES TODAY: _____ TOTAL MILES: _____
16 MILES TODAY: _____ TOTAL MILES: _____	17 MILES TODAY: _____ TOTAL MILES: _____	18 MILES TODAY: _____ TOTAL MILES: _____	19 MILES TODAY: _____ TOTAL MILES: _____	20 MILES TODAY: _____ TOTAL MILES: _____	21 MILES TODAY: _____ TOTAL MILES: _____	22 MILES TODAY: _____ TOTAL MILES: _____
23 MILES TODAY: _____ TOTAL MILES: _____	24 MILES TODAY: _____ TOTAL MILES: _____	25 MILES TODAY: _____ TOTAL MILES: _____	26 MILES TODAY: _____ TOTAL MILES: _____	27 MILES TODAY: _____ TOTAL MILES: _____	28 MILES TODAY: _____ TOTAL MILES: _____	29 MILES TODAY: _____ TOTAL MILES: _____
30 MILES TODAY: _____ TOTAL MILES: _____	31 MILES TODAY: _____ TOTAL MILES: _____					