

# 30 DAY FITNESS CHALLENGE: 1,000 MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL	GOAL
							<b>FINAL:</b>	<b>1,000 MIN = 16 HRS 40 MIN</b>

Runnin' for Sweets 

Running Tips | Workout Ideas | Fitness Motivation 

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