

Mile a Day Challenge

1	2	3	4	5	6
Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:
7	8	9	10	11	12
Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:
13	14	15	16	17	18
Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:
19	20	21	22	23	24
Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:
25	26	27	28	29	30
Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes:	Miles: Pace: Location: Notes: