

Goal: Run a total of at least 26.2 miles in the month.
Write down your mileage on the days you run, and then add up your mileage at the end of each week!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

|  |  |  |  |  |  | Weekly <br> total |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |



|  |  |  |  |  | Weekly <br> total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Weekly <br> total |  |


|  |  |  |  |  | Weekly <br> total |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Monthly <br> total |  |  |  |  |  |

