

30 IN THIRTY

Instructions: This is your opportunity to get up off the couch. The average mile takes roughly 7 minutes - 20 minutes depending on how fast you are going and what activity you are doing (walking/running/cycling). Simply write the date in the box representing each mile. Make a notation of the activity and work on completing your 30 miles in 30 days. If you are fit work on speed and difficulty within each of these miles or set your mileage goal higher.

Day	Day	Day	Day	Day	Day	Day	
1	2	3	4	5	6	7	
Day	Day	Day	Day	Day	Day	Day	
8	9	10	11	12	13	14	
Day	Day	Day	Day	Day	Day	Day	
15	16	17	18	19	20	21	
Day	Day	Day	Day	Day	Day	Day	
22	23	24	25	26	27	28	
Day	Day	Name: _____ Date Started: _____				YOU CAN DO IT!	
29	30						