

THE 30 miles **in** 30 days CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	2 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	3 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	4 REST	5 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___
6 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	7 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	8 REST	9 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	10 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	11 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	12 REST
13 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	14 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	15 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	16 REST	17 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	18 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	19 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___
20 REST	21 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	22 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	23 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	24 REST	25 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	26 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___
27 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	28 REST	29 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	30 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___	31 Walk ___ Run ___ Bike ___ Swim ___ Skate ___ Miles: ___		

