



MILEAGE TRACKING SHEET

YOUR NAME

YOUR GOAL

| | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
|---------------------------|-----------------------------|----------------------|-----|--------|--------|------|-----|-------|
| JANUARY 13-19 | KICK-OFF EVENT | | | | | | | |
| JANUARY 20-26 | | G.W. | | | | | | |
| JANUARY 27- FEBRUARY 2 | | | | | | | | |
| FEBRUARY 3-9 | | | | DAY 25 | | G.W. | | |
| FEBRUARY 10-16 | | | | | | | | |
| FEBRUARY 17-23 | | G.W. | | | | | | |
| FEBRUARY 24- MARCH 2 | | | | | | | | |
| MARCH 3-9 | DAY 50 HALFWAY THERE! | | | | | G.W. | | |
| MARCH 10-16 | | | | | | | | |
| MARCH 17-23 | | G.W. | | | | G.W. | | |
| MARCH 24-30 | | | | | DAY 75 | | | |
| MARCH 31- APRIL 6 | | | | | | | | |
| APRIL 7-13 | | | | | | G.W. | | |
| APRIL 14-20 | | G.W. | | | | | | |
| APRIL 20 -23 | | DAY 100 + FINALE! | | | | | | TOTAL |

NOTE: TRACK MILES OR 30-MINUTE INCREMENTS OF ACTIVITY. 1 HALF HOUR = 1 MILE!

You can do it! If you skip a day, try to make it up later that week. Remember that 30 minutes of any activity that elevates your heart rate counts! Do what you love to do, listen to your body, and watch your overall health and stamina improve over 100 days.

