

100 Miles in 100 Days - Healthy You Fitness Challenge

Tracking Sheet Enter Your Miles on Each Day You Walk

(Remember You Must Turn in Your Miles at Least Once Per Month)

May

8 ____ 9 ____ 10 ____ 11 ____ 12 ____ 13 ____ 14 ____ 15 ____ 16 ____ 17 ____
18 ____ 19 ____ 20 ____ 21 ____ 22 ____ 23 ____ 24 ____ 25 ____ 26 ____ 27 ____
28 ____ 29 ____ 30 ____ 31 ____

Total Miles for the Month: _____

June

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

Total Miles or the Month: _____

July

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10 ____ 11 ____
12 ____ 13 ____ 14 ____ 15 ____ 16 ____ 17 ____ 18 ____ 19 ____ 20 ____ 21 ____
22 ____ 23 ____ 24 ____ 25 ____ 26 ____ 27 ____ 28 ____ 29 ____ 30 ____ 31 ____

Total Miles for the Month: _____

August

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10 ____ 11 ____
12 ____ 13 ____ 14 ____ 15 ____

Total Miles for the Month: _____