



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							

Document your miles- Whether its running, hiking, skiing, biking, saking or whatever- log your miles and get track your suces to 100!

Need more fitness logs? go to: <http://matsucentral.org/workshops/> or pick up some at the front office.