

JANUARY 2024

100-MILE CHALLENGE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
___ miles	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
___ miles	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
___ miles	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
___ miles	___ miles	___ miles	___ miles	___ miles	___ miles	___ miles
DAY 29	DAY 30	DAY 31	WEEK 1 TOTAL: ___		WEEK 3 TOTAL: ___	
___ miles	___ miles	___ miles	WEEK 2 TOTAL: ___		WEEK 4 TOTAL: ___	
						TOTAL MILES: ___