

FEBRUARY 2024

100-MILE CHALLENGE



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

WEEK 1
TOTAL: ____

WEEK 2
TOTAL: ____

WEEK 3
TOTAL: ____

WEEK 4
TOTAL: ____

TOTAL MILES: ____
