



30-DAY MILEAGE CHALLENGE

for _____

Directions: For 30 days, track the distance you walk or run every day. If you miss a day, just move on to the next box! At the end, add up the total miles you've run or walked!



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Total Miles:

Parent/Guardian Signature

Date