



PERSONAL 100-MILE CHALLENGE LOG

Name: _____

Start Date: _____ End Date: _____

Check off one ☐ for every mile you walk, run, or jog.

☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐

Best Times - _____

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