

Get You In Shape 200 Miles and Beyond Challenge

Week	SUN		MON		TUE		WED		THU		FRI		SAT		Planned MILES/WEEK	Actual MILES/WEEK
	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual		
May 5, 2024	REST		0.5		2		0.5		2		1		3		9	
May 12, 2024	REST		0.5		2		0.5		2		1		3		9	
May 19, 2024	REST		1		2.5		1		2.5		1		3		11	
May 26, 2024	REST		1		2.5		1		2.5		1		3		11	
June 2, 2024	REST		1		2		1		2		1		3		10	
June 9, 2024	REST		0.5		2		0.5		2		1		3		9	
June 16, 2024	REST		0.5		2		0.5		2		1		3		9	
June 23, 2024	REST		1		2.5		1		2.5		1		3		11	
June 30, 2024	REST		1		2.5		1		2.5		1		3		11	
July 7, 2024	REST		1		2		1		2		1		3		10	
July 14, 2024	REST		0.5		2		0.5		2		1		3		9	
July 21, 2024	REST		0.5		2		0.5		2		1		3		9	
July 28, 2024	REST		1		2.5		1		2.5		1		3		11	
August 4, 2024	REST		1		2.5		1		2.5		1		3		11	
August 11, 2024	REST		1		2		1		2		1		3		10	
August 18, 2024	REST		0.5		2		0.5		2		1		3		9	
August 25, 2024	REST		0.5		2		0.5		2		1		3		9	
September 1, 2024	REST		1		2.5		1		2.5		1		3		11	
September 8, 2024	REST		1		2.5		1		2.5		1		3		11	
September 15, 2024	REST		1		2		1		2		1		3		10	
	TOTAL														200	

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	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual		
May 5, 2024	REST		0.5		2		0.5		2		1		3		9	
May 12, 2024	REST		0.5		2		0.5		2		1		3		9	
May 19, 2024	REST		1		2.5		1		2.5		1		3		11	
May 26, 2024	REST		1		2.5		1		2.5		1		3		11	
June 2, 2024	REST		1		2		1		2		1		3		10	
June 9, 2024	REST		0.5		2		0.5		2		1		3		9	
June 16, 2024	REST		0.5		2		0.5		2		1		3		9	
June 23, 2024	REST		1		2.5		1		2.5		1		3		11	
June 30, 2024	REST		1		2.5		1		2.5		1		3		11	
July 7, 2024	REST		1		2		1		2		1		3		10	
July 14, 2024	REST		0.5		2		0.5		2		1		3		9	
July 21, 2024	REST		0.5		2		0.5		2		1		3		9	
July 28, 2024	REST		1		2.5		1		2.5		1		3		11	
August 4, 2024	REST		1		2.5		1		2.5		1		3		11	
August 11, 2024	REST		1		2		1		2		1		3		10	
August 18, 2024	REST		0.5		2		0.5		2		1		3		9	
August 25, 2024	REST		0.5		2		0.5		2		1		3		9	
September 1, 2024	REST		1		2.5		1		2.5		1		3		11	
September 8, 2024	REST		1		2.5		1		2.5		1		3		11	
September 15, 2024	REST		1		2		1		2		1		3		10	
	TOTAL														200	