

Name:	Email:
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Monthly Totals

Miles:

Minutes:

Week #1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Date:	8/1	8/2	8/3	8/4	8/5	8/6	8/7	
Miles:								
Minutes:								
Week #2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Date:	8/8	8/9	8/10	8/11	8/12	8/13	8/14	
Miles:								
Minutes:								
Week #3	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Date:	8/15	8/16	8/17	8/18	8/19	8/20	8/21	
Miles:								
Minutes:								
Week #4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Date:	8/22	8/23	8/24	8/25	8/26	8/28	8/29	
Miles:								
Minutes:								