100-Mile Month Challenge

From the 30-Day Challenge Series & Eat. Drink & be Skinny!

Part 1: Check these off or color them in as you go – see how close you're getting to your ultimate goal!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	63	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	1X

Part 2: Use this calendar to plan and track your total mileage and success this month!

Day 1 ___ Plan: _____ Actual: _____	Day 2 ___ Plan: _____ Actual: _____	Day 3 ___ Plan: _____ Actual: _____	Day 4 ___ Plan: _____ Actual: _____	Day 5 ___ Plan: _____ Actual: _____	Day 6 ___ Plan: _____ Actual: _____	Day 7 ___ Plan: _____ Actual: _____	Total Weekly Distance ___ Notes:
Day 8 ___ Plan: _____ Actual: _____	Day 9 ___ Plan: _____ Actual: _____	Day 10 ___ Plan: _____ Actual: _____	Day 11 ___ Plan: _____ Actual: _____	Day 12 ___ Plan: _____ Actual: _____	Day 13 ___ Plan: _____ Actual: _____	Day 14 ___ Plan: _____ Actual: _____	Total Weekly Distance ___ Notes:
Day 15 ___ Plan: _____ Actual: _____	Day 16 ___ Plan: _____ Actual: _____	Day 17 ___ Plan: _____ Actual: _____	Day 18 ___ Plan: _____ Actual: _____	Day 19 ___ Plan: _____ Actual: _____	Day 20 ___ Plan: _____ Actual: _____	Day 21 ___ Plan: _____ Actual: _____	Total Weekly Distance ___ Notes:
Day 22 ___ Plan: _____ Actual: _____	Day 23 ___ Plan: _____ Actual: _____	Day 24 ___ Plan: _____ Actual: _____	Day 25 ___ Plan: _____ Actual: _____	Day 26 ___ Plan: _____ Actual: _____	Day 27 ___ Plan: _____ Actual: _____	Day 28 ___ Plan: _____ Actual: _____	Total Weekly Distance ___ Notes:
Day 29 ___ Plan: _____ Actual: _____	Day 30 ___ Plan: _____ Actual: _____	Day 31 ___ Plan: _____ Actual: _____	Total Month Distance _____	Beginning Measurements Bust:__ Waist:__ Abs:__ Thighs:__	Ending Measurements Bust:__ Waist:__ Abs:__ Thighs:__	Notes:	

Cross out the days that you don't have this month so you stay on track!

(i.e. Feb only has 28 days = 3.57 miles per day average)

Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for more details inspiration!