

# Road to a Healthier You Fitness Challenge

February 1–26, workout and record your mileage!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> Check in ____ Miles ____	<b>2</b> Check in ____ Miles ____	<b>3</b> Check in ____ Miles ____	<b>4</b> Check in ____ Miles ____	<b>5</b> Check in ____ Miles ____	<b>Weekly Mile Total</b> _____
<b>6</b> Check in ____ Miles ____	<b>7</b> Check in ____ Miles ____	<b>8</b> Check in ____ Miles ____	<b>9</b> Check in ____ Miles ____	<b>10</b> Check in ____ Miles ____	<b>11</b> Check in ____ Miles ____	<b>12</b> Check in ____ Miles ____	<b>Weekly Mile Total</b> _____
<b>13</b> Check in ____ Miles ____	<b>14</b> Check in ____ Miles ____	<b>15</b> Check in ____ Miles ____	<b>16</b> Check in ____ Miles ____	<b>17</b> Check in ____ Miles ____	<b>18</b> Check in ____ Miles ____	<b>19</b> Check in ____ Miles ____	<b>Weekly Mile Total</b> _____
<b>20</b> Check in ____ Miles ____	<b>21</b> Check in ____ Miles ____	<b>22</b> Check in ____ Miles ____	<b>23</b> Check in ____ Miles ____	<b>24</b> Check in ____ Miles ____	<b>25</b> Check in ____ Miles ____	<b>26</b> Check in ____ Miles ____	<b>Weekly Mile Total</b> _____

**NAME:** \_\_\_\_\_

**RACER NAME:** \_\_\_\_\_



The Health & Fitness Center  
AT WASHTENAW COMMUNITY COLLEGE

Live life to the fittest.