



Jim Thorpe Fitness Center

Running/Walking Challenge Log

OCTOBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Distance _____	2 Distance _____	3 Distance _____	4 Distance _____	5 Distance _____	6 Distance _____	7 Distance _____
8 Distance _____	9 Distance _____	10 Distance _____	11 Distance _____	12 Distance _____	13 Distance _____	14 Distance _____
15 Distance _____	16 Distance _____	17 Distance _____	18 Distance _____	19 Distance _____	20 Distance _____	21 Distance _____
22 Distance _____	23 Distance _____	24 Distance _____	25 Distance _____	26 Distance _____	27 Distance _____	28 Distance _____
29 Distance _____	30 Distance _____	31 Distance _____				Cumulative Distance _____

Run or walk 2 miles a day for 30 days. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.