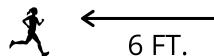


20 Miles in 20 Days in Summer 2020 Challenge



MILES	NAME:		
6/20/20 _min/15 x .75 =miles 6/21/20 _min/15 x .75 =miles 6/22/20 _min/15 x .75 =miles 6/23/20 _min/15 x .75 =miles 6/23/20 _min/15 x .75 =miles 6/24/20 _min/15 x .75 =miles 6/25/20 _min/15 x .75 =miles 6/26/20 _min/15 x .75 =miles 6/27/20 _min/15 x .75 =miles 6/28/20 _min/15 x .75 =miles 6/29/20 _min/15 x .75 =miles 6/30/20 _min/15 x .75 =miles 7/1/20 _min/15 x .75 =miles 7/2/20 _min/15 x .75 =miles 7/3/20 _min/15 x .75 =miles 7/5/20 _min/15 x .75 =miles 7/6/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/9/20 _min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	DATE	MILES	MINUTES
6/21/20 _min/15 x .75 =miles 6/22/20 _min/15 x .75 =miles 6/23/20 _min/15 x .75 =miles 6/24/20 _min/15 x .75 =miles 6/25/20 _min/15 x .75 =miles 6/26/20 _min/15 x .75 =miles 6/27/20 _min/15 x .75 =miles 6/28/20 _min/15 x .75 =miles 6/29/20 _min/15 x .75 =miles 6/30/20 _min/15 x .75 =miles 7/1/20 _min/15 x .75 =miles 7/2/20 _min/15 x .75 =miles 7/3/20 _min/15 x .75 =miles 7/5/20 _min/15 x .75 =miles 7/6/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/9/20 _min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:			(15 min. increments)
6/22/20 _min/15 x .75 =miles 6/23/20 _min/15 x .75 =miles 6/24/20 _min/15 x .75 =miles 6/25/20 _min/15 x .75 =miles 6/26/20 _min/15 x .75 =miles 6/26/20 _min/15 x .75 =miles 6/27/20 _min/15 x .75 =miles 6/28/20 _min/15 x .75 =miles 6/29/20 _min/15 x .75 =miles 6/30/20 _min/15 x .75 =miles 7/1/20 _min/15 x .75 =miles 7/2/20 _min/15 x .75 =miles 7/4/20 _min/15 x .75 =miles 7/6/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/9/20 _min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	6/20/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/23/20 min/15 x .75 =miles 6/24/20 min/15 x .75 =miles 6/25/20 min/15 x .75 =miles 6/26/20 min/15 x .75 =miles 6/27/20 min/15 x .75 =miles 6/28/20 min/15 x .75 =miles 6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/4/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/7/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/21/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/24/20 min/15 x .75 =miles 6/25/20 min/15 x .75 =miles 6/26/20 min/15 x .75 =miles 6/27/20 min/15 x .75 =miles 6/28/20 min/15 x .75 =miles 6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/3/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/6/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/22/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/25/20 _min/15 x .75 =miles 6/26/20 _min/15 x .75 =miles 6/27/20 _min/15 x .75 =miles 6/28/20 _min/15 x .75 =miles 6/29/20 _min/15 x .75 =miles 6/30/20 _min/15 x .75 =miles 7/1/20 _min/15 x .75 =miles 7/2/20 _min/15 x .75 =miles 7/3/20 _min/15 x .75 =miles 7/5/20 _min/15 x .75 =miles 7/6/20 _min/15 x .75 =miles 7/7/20 _min/15 x .75 =miles 7/8/20 _min/15 x .75 =miles 7/9/20 _min/15 x .75 =miles TOTAL DISTANCE: _min/15 x .75 =miles	6/23/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/26/20 min/15 x .75 =miles 6/27/20 min/15 x .75 =miles 6/28/20 min/15 x .75 =miles 6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/3/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/6/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/24/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/27/20 min/15 x .75 =miles 6/28/20 min/15 x .75 =miles 6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/3/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/6/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/25/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
6/28/20 min/15 x .75 =miles 6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/3/20 min/15 x .75 =miles 7/4/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/7/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles SIGNATURE:	6/26/20		min/15 x .75 = miles
6/29/20 min/15 x .75 =miles 6/30/20 min/15 x .75 =miles 7/1/20 min/15 x .75 =miles 7/2/20 min/15 x .75 =miles 7/3/20 min/15 x .75 =miles 7/4/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/6/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/27/20		min/15 x .75 = miles
$6/30/20$ $min/15 \times .75 =$ miles $7/1/20$ $min/15 \times .75 =$ miles $7/2/20$ $min/15 \times .75 =$ miles $7/3/20$ $min/15 \times .75 =$ miles $7/4/20$ $min/15 \times .75 =$ miles $7/6/20$ $min/15 \times .75 =$ miles $7/7/20$ $min/15 \times .75 =$ miles $7/8/20$ $min/15 \times .75 =$ miles $7/9/20$ $min/15 \times .75 =$ miles	6/28/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
7/1/20 min/15 x .75 =miles $7/2/20$ min/15 x .75 =miles $7/3/20$ min/15 x .75 =miles $7/4/20$ min/15 x .75 =miles $7/6/20$ min/15 x .75 =miles $7/7/20$ min/15 x .75 =miles $7/8/20$ min/15 x .75 =miles $7/9/20$ min/15 x .75 =miles $7/9/20$ min/15 x .75 =miles TOTAL DISTANCE: min/15 x .75 =miles	6/29/20		min/15 x .75 = miles
7/2/20 min/15 x .75 = miles $7/3/20$ min/15 x .75 = miles $7/4/20$ min/15 x .75 = miles $7/5/20$ min/15 x .75 = miles $7/7/20$ min/15 x .75 = miles $7/8/20$ min/15 x .75 = miles $7/9/20$ min/15 x .75 = miles TOTAL DISTANCE: min/15 x .75 = miles	6/30/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
7/3/20 min/15 x .75 =miles 7/4/20 min/15 x .75 =miles 7/5/20 min/15 x .75 =miles 7/6/20 min/15 x .75 =miles 7/7/20 min/15 x .75 =miles 7/8/20 min/15 x .75 =miles 7/9/20 min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	7/1/20		min/15 x .75 = miles
7/4/20 min/15 x .75 = miles $7/5/20$ min/15 x .75 = miles $7/6/20$ min/15 x .75 = miles $7/7/20$ min/15 x .75 = miles $7/8/20$ min/15 x .75 = miles $7/9/20$ min/15 x .75 = miles TOTAL DISTANCE: min/15 x .75 = miles	7/2/20		min/15 x .75 = miles
$7/5/20$ $_min/15 \times .75 = _miles$ $7/6/20$ $_min/15 \times .75 = _miles$ $7/7/20$ $_min/15 \times .75 = _miles$ $7/8/20$ $_min/15 \times .75 = _miles$ $7/9/20$ $_min/15 \times .75 = _miles$ TOTAL DISTANCE: SIGNATURE:	7/3/20		min/15 x .75 = miles
7/6/20min/15 x .75 =miles 7/7/20min/15 x .75 =miles 7/8/20min/15 x .75 =miles 7/9/20min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	7/4/20		min/15 x .75 = miles
7/7/20min/15 x .75 =miles 7/8/20min/15 x .75 =miles 7/9/20min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	7/5/20		$_{\rm min}/15 \text{ x .75} = _{\rm miles}$
7/8/20min/15 x .75 =miles 7/9/20min/15 x .75 =miles TOTAL DISTANCE: SIGNATURE:	7/6/20		min/15 x .75 = miles
7/9/20min/15 x .75 = miles TOTAL DISTANCE: SIGNATURE:	7/7/20		min/15 x .75 = miles
TOTAL DISTANCE: SIGNATURE:	7/8/20		min/15 x .75 = miles
SIGNATURE:	7/9/20		min/15 x .75 = miles
	TOTAL DISTANCE:		
PHONE or EMAIL:	SIGNATURE:		
	PHONE or EMAIL:		





Instructions

- If walking, running, or jogging outside, keep track of your distance with an app or step counter (2000 paces = 1 mile)
- If working out at home with an online fitness class or on your own, keep track of your workout time and use the formula provided.
- (e.g. 30 minutes of exercise divided by 15 x .75 = 1.5 miles).
 - Try to average at least 1 mile per day!