



20 Miles in 20 Days in Summer 2020 Challenge



NAME: _____

DATE	MILES	MINUTES (15 min. increments)
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
6/24/20		__ 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
7/4/20		__ 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:		
PHONE or EMAIL:		



Don't forget to social distance!
Instructions on other side of the page

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 $15 \times .75 =$ **1.5 miles**).

- Try to average at least 1 mile per day!