

Marathon Tracker

You will track how many miles you run or walk each day. For every 30 minutes of weight training you may substitute 1 mile up to 3 times a week.

Day	Miles/ Activity
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	

Total Miles: _____