

100 MILES IN MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total distance this week
29	30	31	1	2	3	4	
LET'S GET MOVING							
5	6	7	8	9	10	11	
			OVER HALF WAY				
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
YOU DID IT! YOU'RE A HERO!							