Week	Date	Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HOLIDAY CHALLENGE * BEAT THE HOLIDAY 51 *	Example	20 miles	4miles 4/20	5 miles 9/20	3 miles 12/20	Rest	4 miles 16/20	4 miles 20/20	Rest
WEEK	DATE								
1	Nov 23 - 29								
2	Nov 30-Dec 6								
3	Dec 7 - 13								
4	Dec 14 - 20								
5	Dec 21 - 27								
6	Dec 28-Jan3								