| Week | Date | Weekly Goal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| HOLIDÂY CHALLENGE beat the holidar 5! | Example | 20 miles | $\begin{gathered} 4 \text { miles } \\ 4 / 20 \end{gathered}$ | $\begin{gathered} 5 \text { miles } \\ 9 / 20 \end{gathered}$ | $\begin{gathered} 3 \text { miles } \\ 12 / 20 \end{gathered}$ | Rest | $\begin{gathered} 4 \text { miles } \\ 16 / 20 \end{gathered}$ | $\begin{gathered} 4 \text { miles } \\ 20 / 20 \end{gathered}$ | 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 |  |  |  |  |  |  |  |  |

