



Hood 180/1200 Mile Bike Challenge



Goal: Beginner 15-25 miles a week____, Intermediate 25-50 miles a week____,
Advanced 50-100 miles a week____ (check one)

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Total													
2 Week Total----->													
3 Week Total----->													
4 Week Total----->													
5 Week Total----->													
6 Week Total----->													
7 Week Total----->													
8 Week Total----->													
9 Week Total----->													
10 Week Total----->													
11 Week Total----->													
12 Week Total----->													
13 Week Total----->													

Name _____
____ Faculty ____ Staff ____ Student