



# Hood 250-Mile Challenge Log

(Goal - 3.125 miles per day)



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