

Use this calendar and the Charity Miles app to track your workouts (aim for 30 minutes of cardio 5 days a week) and raise money for Back on My Feet.

DAY 1  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 2  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 3  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 4  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 5  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 6  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 7  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 8  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 9  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 10  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 11  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 12  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 13  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 14  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 15  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 16  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 17  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 18  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 19  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 20  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 21  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 22  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 23  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 24  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 25  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 26  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 27  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 28  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 29  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 30  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

DAY 31  
Time/Distance: \_\_\_\_\_  
Activity: \_\_\_\_\_  
 Rest

WELL DONE!