

	<b>Date</b>	<b>Walk/Jog/Run</b>	<b>Time/Miles</b>	<b>How was your workout?</b>
<b>Week 1</b> Try to walk/jog/run 5-8 miles this week (or about 50-80 minutes total for the week)	June 1st, 2020			
	June 2nd, 2020			
	June 3rd, 2020			
	June 4th, 2020			
	June 5th, 2020			
	June 6th, 2020			
	June 7th, 2020			
<b>Week 2</b> Try to walk/jog/run 5-8 miles this week (or about 50-80 minutes total for the week)	June 8th, 2020			
	June 9th, 2020			
	June 10th, 2020			
	June 11th, 2020			
	June 12th, 2020			
	June 13th, 2020			
	June 14th, 2020			
<b>Week 3</b> Try to walk/jog/run 5-8 miles this week (or about 50-80 minutes total for the week)	June 15th, 2020			
	June 16th, 2020			
	June 17th, 2020			
	June 18th, 2020			
	June 19th, 2020			
	June 20th, 2020			
	June 21st, 2020			
<b>Week 4</b> Try to walk/jog/run 8-10 miles this week (or about 80-100 minutes total for the week)	June 22nd, 2020			
	June 23rd, 2020			
	June 24th, 2020			
	June 25th, 2020			
	June 26th, 2020			
	June 27th, 2020			
	June 28th, 2020			
<b>Week 5</b> Try to walk/jog/run 8-10 miles this week (or about 80-100 minutes total for the week)	June 29th, 2020			
	June 30th, 2020			
	July 1st, 2020			
	July 2nd, 2020			
	July 3rd, 2020			
	July 4th, 2020			
	July 5th, 2020			
<b>Week 6</b> Try to walk/jog/run 8-10 miles this week (or about 80-100 minutes total for the week)	July 6th, 2020			
	July 7th, 2020			
	July 8th, 2020			
	July 9th, 2020			
	July 10th, 2020			
	July 11th, 2020			
	July 12th, 2020			

<b>Week 7</b> Try to walk/jog/run 10-12 miles this week (or about 100-120 minutes total for the week)	July 13th, 2020			
	July 14th, 2020			
	July 15th, 2020			
	July 16th, 2020			
	July 17th, 2020			
	July 18th, 2020			
	July 19th, 2020			
<b>Week 8</b> Try to walk/jog/run 10-12 miles this week (or about 100-120 minutes total for the week)	July 20th, 2020			
	July 21st, 2020			
	July 22nd, 2020			
	July 23rd, 2020			
	July 24th, 2020			
	July 25th, 2020			
	July 26th, 2020			
<b>Week 9</b> Try to walk/jog/run 10-12 miles this week (or about 100-120 minutes total for the week)	July 27th, 2020			
	July 28th, 2020			
	July 29th, 2020			
	July 30th, 2020			
	July 31st, 2020			
	August 1st, 2020			
	August 2nd, 2020			