



Kromrey Trot-a-thon



November 1-30, 2020

My goal is to walk or run for a total of _____ minutes by December 1, 2020.

Day	Date	Number of minutes spent walking or running	Day	Date	Number of minutes spent walking or running
Sunday	11/1		Sunday	11/15	
Monday	11/2		Monday	11/16	
Tuesday	11/3		Tuesday	11/17	
Wednesday	11/4		Wednesday	11/18	
Thursday	11/5		Thursday	11/19	
Friday	11/6		Friday	11/20	
Saturday	11/7		Saturday	11/21	
Sunday	11/8		Sunday	11/22	
Monday	11/9		Monday	11/23	
Tuesday	11/10		Tuesday	11/24	
Wednesday	11/11		Wednesday	11/25	
Thursday	11/12		Thursday	11/26	
Friday	11/13		Friday	11/27	
Saturday	11/14		Saturday	11/28	
			Sunday	11/29	
			Monday	11/30	