

The Great Chazy Treadmill and Run/Walk Challenge

Name:

Date:

Weekly Goal:

Did you achieve you goal? Yes No

Run - Miles

Run - Time (do not enter if already listed as Run - Miles above)

Walk - Miles

Walk - Time (do not enter if already listed as Walk - Miles above)

Wii Points

List Other Workout Training Completed (include description & time, ie swimming 90 minutes)