farmgirlfit

NAME: _____

RUN FOR A REASON 2020

Benefiting:

Spokane Angels + Children's Village (Cd'A)

The rules are simple…

- The date equals the number of minutes you are to run each day.
- NO working ahead. However, you can catch up days missed.
- **BONUS:** Final day run 4 extra minutes to make it an even 500!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 *Running Total:* *1* # Done Today: My Total to Date:	**2** *Running Total:* *3* # Done Today: My Total to Date:	**3** *Running Total:* *6* # Done Today: My Total to Date:
4 *Running Total:* *10* # Done Today: My Total to Date:	**5** *Running Total:* *15* # Done Today: My Total to Date:	**6** *Running Total:* *21* # Done Today: My Total to Date:	**7** *Running Total:* *28* # Done Today: My Total to Date:	**8** *Running Total:* *36* # Done Today: My Total to Date:	**9** *Running Total:* *45* # Done Today: My Total to Date:	**10** *Running Total:* *55* # Done Today: My Total to Date:
11 *Running Total:* *66* # Done Today: My Total to Date:	**12** *Running Total:* *78* # Done Today: My Total to Date:	**13** *Running Total:* *91* # Done Today: My Total to Date:	**14** *Running Total:* *105* # Done Today: My Total to Date:	**15** *Running Total:* *120* # Done Today: My Total to Date:	**16** *Running Total:* *136* # Done Today: My Total to Date:	**17** *Running Total:* *153* # Done Today: My Total to Date:
18 *Running Total:* *171* # Done Today: My Total to Date:	**19** *Running Total:* *190* # Done Today: My Total to Date:	**20** *Running Total:* *210* # Done Today: My Total to Date:	**21** *Running Total:* *231* # Done Today: My Total to Date:	**22** *Running Total:* *253* # Done Today: My Total to Date:	**23** *Running Total:* *276* # Done Today: My Total to Date:	**24** *Running Total:* *300* # Done Today: My Total to Date:
25 *Running Total:* *325* # Done Today: My Total to Date:	**26** *Running Total:* *351* # Done Today: My Total to Date:	**27** *Running Total:* *378* # Done Today: My Total to Date:	**28** *Running Total:* *406* # Done Today: My Total to Date:	**29** *Running Total:* *435* # Done Today: My Total to Date:	**30** *Running Total:* *465* # Done Today: My Total to Date:	**31** *Running Total:* *496* # Done Today: My Total to Date: