



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Activity							
Distance covered (m)							
Activity							
Distance covered (m)							
Activity							
Distance covered (m)							
Activity							
Distance covered (m)							
<b>Week Total Distance (m) =</b>							