

A-Mile-a-Day-in *May*

May 2021

| Sunday | Monday | Tuesday | Wednesd | Thursday | Friday | Saturday |
|--------|--------|---------|---------|----------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

When do I plan to get my mile in every day? _____

How can I set myself up for success? _____

If I can't get outside, I could:

Best Case Scenario: 31/31

Realistic: /31

At the very least: /31

If I experience pain, instead I could:

Let's celebrate each other's accomplishments by posting our results in the "Let's Get Fit Together" private FB group.

Remember, we're aiming for PROGRESS, not PERFECTION.