

SEPTEMBER MINI CHALLENGE 2016

NAME _____ FITNESS GOAL _____

Email _____ Phone _____

PRIZE FOR CHALLENGE WINNER: Rancan Sisters Fitness Gift Basket with lots of goodies.
Hand in this Personal Log sheet by 10th October to be eligible to win.

SEPTEMBER MINI 3KM/DAY CHALLENGE	KM	NO SUGAR	NO ALCOHOL	NOTES eg Weather/Route/Your time for 3km/Personal Bests
Thurs 1/9/16				WEEK 1
Fri 2/9/16				
Sat 3/9/16				
Sun 4/9/16				
Mon 5/9/16				
Tues 6/9/16				
Wed 7/9/16				
Thurs 8/9/16				WEEK 2
Fri 9/9/16				
Sat 10/9/16				
Sun 11/9/16				
Mon 12/9/16				
Tues 13/9/16				
Wed 14/9/16				
Thurs 15/9/16				WEEK 3
Fri 16/9/16				
Sat 17/9/16				
Sun 18/9/16				
Mon 19/9/16				
Tues 20/9/16				
Wed 21/9/16				
Thurs 22/9/16				WEEK 4
Fri 23/9/16				
Sat 24/9/16				
Sun 25/9/16				
Mon 26/9/16				
Tues 27/9/16				
Wed 28/9/16				WEEK 5
Thurs 29/9/16				
Fri 30/9/16				