

IRON CHALLENGE TRAINING LOG



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
4/24-4/29								
4/30-5/6								
5/7-5/13								
5/14-5/20								
5/21-5/27								
5/28-6/3								
6/4-6/10								
6/11-6/17								
6/18-6/24								

Grand Total _____

We will only check weekly totals and grand totals during registration, but you can keep daily records if you would like. You can count miles tracked by wearable technology like FitBit or Apple Watch...if it is more convenient for you to print or show those totals we are fine with that! (Miles trained on a treadmill, stair climber, or elliptical can count towards your total.)

You can start at anytime!

GO GET'EM!!!