RUNNER'S COVE

Monthly Running Challenge Tracker

12 monthly challenges. Make the year your own.

THIS YEAR'S MANTRA

Check off each challenge, jot a note, and color in up to 5 stars for enjoyment.

MONTH & CHALLENGE	DONE	NOTES	ENJOYMENT / 5
JANUARY Hit a Monthly Mileage Goal	☐		☆ ☆ ☆ ☆ ☆
FEBRUARY Finish an Audiobook on Foot	☐		☆ ☆ ☆ ☆ ☆
MARCH Try Four New Routes	☐		☆ ☆ ☆ ☆ ☆
APRIL Master an Even-Paced Run	☐		☆ ☆ ☆ ☆ ☆
MAY Beat Your Own Benchmark	☐		☆ ☆ ☆ ☆ ☆
JUNE Catch Both Ends of the Day	☐		☆ ☆ ☆ ☆ ☆
JULY Complete Four Runs Without Checking Your Pace	☐		☆ ☆ ☆ ☆ ☆
AUGUST Complete an Alphabet Photo Challenge	☐		☆ ☆ ☆ ☆ ☆
SEPTEMBER Guess Your Finish Time	☐		☆ ☆ ☆ ☆ ☆
OCTOBER Wear Something Ridiculous	☐		☆ ☆ ☆ ☆ ☆
NOVEMBER Run for a Cause	☐		☆ ☆ ☆ ☆ ☆
DECEMBER Create GPS Art	☐		☆ ☆ ☆ ☆ ☆

One challenge at a time.