

10K Challenge

YTD Progress

Week of _____

\$ _____

| Sunday | + | - |
|--------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

| Monday | + | - |
|--------|-------|-------|
| _____ | _____ | _____ |
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| Tuesday | + | - |
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| _____ | _____ | _____ |

| Wednesday | + | - |
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| _____ | _____ | _____ |
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| _____ | _____ | _____ |

| Thursday | + | - |
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| _____ | _____ | _____ |
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| _____ | _____ | _____ |

| Friday | + | - |
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| _____ | _____ | _____ |

| Saturday | + | - |
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| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

NOTES

End of week total - In _____ + Out _____ = _____