

DON'T QUIT

2014 Consistency Club
Encouraging and Rewarding 100+ Mile Months



100 miles in August

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

I
DON'T
QUIT



_____ **MILES DONE**

August 2014 Consistency Club