

2020 Climb Your Mountain 29 Day Challenge

				VERTICAL CHALLENGE	DISTANCE CHALLENGE	
Day	#	Feet "Climbed"	Total to Date	Run Walk Bike or Hike (record vertical achieved)	Run or Walk (record miles or steps)	Bike (record miles)
Day	1					
Day	2					
Day	3					
Day	4					
Day	5					
Day	6					
Day	7					
Day	8					
Day	9					
Day	10					
Day	11					
Day	12					
Day	13					
Day	14					
Day	15					
Day	16					
Day	17					
Day	18					
Day	19					
Day	20					
Day	21					
Day	22					
Day	23					
Day	24					
Day	25					
Day	26					
Day	27					
Day	28					
Day	29					
		TOTAL				