

BE A BIKER

50 MILE CHALLENGE

Biking is a great form of exercise that provides many health benefits including reducing the risk of cardiovascular disease, building muscle strength, and improving mental health and mood. As an added bonus it's great for the environment! We invite everyone to be a biker by completing this fun challenge. To complete the challenge, you must bike 50 miles in the span of one month. Use the sheet below to keep track of your progress.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

