

JOIN Mayo Sports Partnership and  
get ready with our Mini-Mini Fun Run  
**RECORD CHART**



Track your training progress as you go!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						<i>Week 1 Complete Great Job</i>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
			<i>Almost there Keep it up!</i>			
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	<i>Don't Give Up</i>					
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<i>Don't forget to Stay Hydrated</i>				<i>Amazing work Push Yourself</i>		
DAY 29	DAY 30	DAY 31	DAY 32			
			<i>CONGRATULATIONS YOU'RE READY</i>			

How do you feel?

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 4: \_\_\_\_\_

Week 5: \_\_\_\_\_

**T-Shirts for the first 800 registered. Register via Eventbrite**

(Search for Mayo Sports Partnership on Eventbrite)