

TRIFECTA FITNESS CHALLENGE



Date	Activity	Miles	Time Spent	Total Miles
12/21/2025				
12/22/2025				
12/23/2025				
12/24/2025				
12/25/2025				
12/26/2025				
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TRIFECTA FITNESS CHALLENGE



Date	Activity	Miles	Time Spent	Total Miles
1/21/2026				
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Date	Activity	Miles	Time Spent	Total Miles
2/22/2026				
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3/20/2026				

*You must log all workouts by 3/20/2026 at 11:59pm AK time