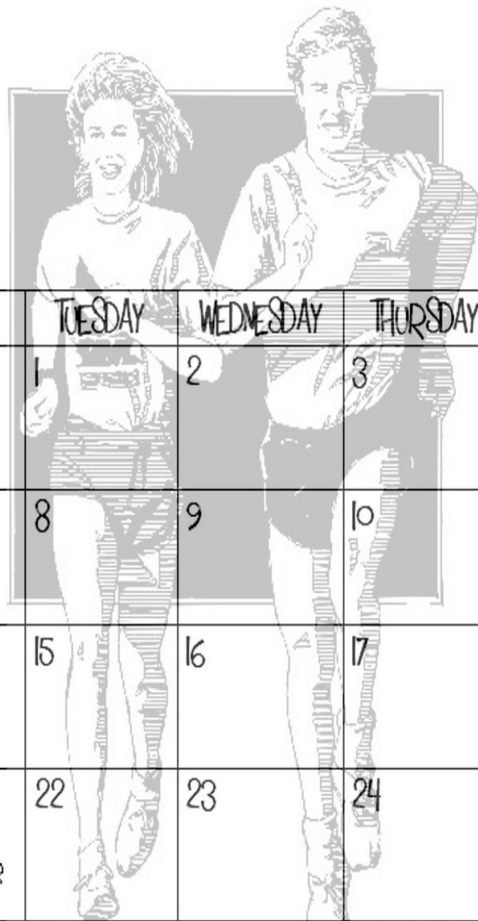


CAT'S
210 MILE
 SUMMER FITNESS
 CHALLENGE



JUNE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14 FLA= DAY	15	16	17	18	19	
20 FATHER'S DAY	21 1 ST DAY OF SUMMER	22	23	24	25	26	
27	28	29	30	YOU'RE 1/3 THE WAY DONE! WAY TO GO! YOU SHOULD BE AROUND 40 MILES HERE!			MONTHLY TOTAL: <input type="text"/>

WORK OUT TIP:

You can avoid side cramps by following these few tips

1. Don't do a hard workout right after you eat. Wait 2-3 hours after you eat to avoid cramps.
2. Don't chug water while you are working out. Small sips are fine but don't overdo it, and drink only water that is room temp.
3. Cramps are primarily caused by your breathing pattern. For tips on how to breathe right and other tips see: <http://www.military.com/military-fitness/fitness-test-prep/avoiding-stomach-cramps>