

**BIG BLUE DISTANCE CREW**



# **30 DAY RUN CHALLENGE**

**NAME**

**I TAKE THE CHALLENGE TO RUN FOR  
30 DAYS (MUST BE AT LEAST 10MIN TO COUNT)**

- **SOMETIMES LATER BECOMES NEVER.  
DO IT NOW.**
- **SUCCESS DOESN'T JUST FIND YOU.  
YOU HAVE TO GO OUT AND GET IT.**
- **LITTLE THINGS MAKE BIG DAYS**
- **IT'S GOING TO BE HARD, BUT HARD  
DOES NOT MEAN IMPOSSIBLE.**

- 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**
- DAY 30**

