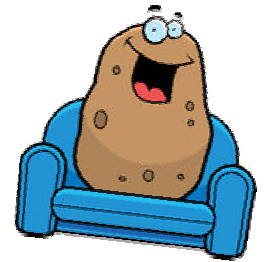


Couch Potato Triathlon



SWIM 2.5 MILES

BIKE 112 MILES

RUN 26 MILES

DATE	SWIM	BIKE	RUN	DATE	SWIM	BIKE	RUN	DATE	SWIM	BIKE	RUN	DATE	SWIM	BIKE	RUN
2/1				2/8				2/15				2/22			
2/2				2/9				2/16				2/23			
2/3				2/10				2/17				2/24			
2/4				2/11				2/18				2/25			
2/5				2/12				2/19				2/26			
2/6				2/13				2/20				2/27			
2/7				2/14				2/21				2/28			
TOTAL				TOTAL				TOTAL				TOTAL			

SAMPLE

Name: _____

Phone: _____

E-mail: _____

Activity	Swim	Bike	Run
Classes	0.5 mile	15 miles	5 miles
30 minutes: elliptical, bike, octane, summit trainer	0.25 mile	7.5 miles	2.5 miles