

Running every day may have some health benefits.

June, 2020

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	✓	✓	✓	14
✓	✓	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Done



Not done

Maximum number of great days increased. Keep it up!



3 days

Congratulations!
You have a **new record**.



2 days

Current Streak



3 days

Longest Streak



5 days

Total done



6/8 days

Goal

ACTIVITY PER WEEK

Week

