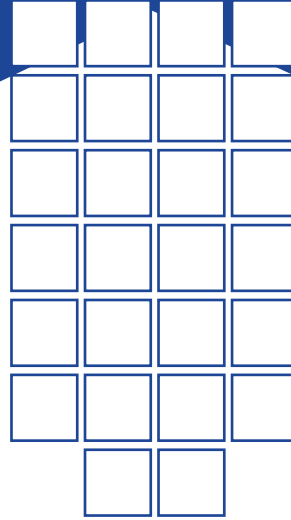


MOTHER'S DAY  
MOTHER'S DAY  
MOTHER'S DAY  
**MOTHER'S DAY**  
**COUPON BOOK**



# MILE 1

Complete a  
marathon over  
time as a family



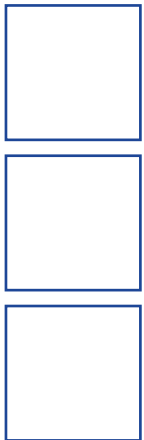
# MILE 2

Sleep in on  
one Saturday  
morning with  
time for a run  
later



# MILE 3

2-hour-long  
family  
walk/hike/picnic



# MILE 4

Dinner  
& a Movie

Mom gets to  
choose  
the movie  
and  
what is  
for dinner



# MILE 5

Long  
Nap

**1**  
One  
uninterrupted  
post-long  
run  
nap



# MILE 6

Clean  
Up

Rinse off  
dishes  
you use  
and put  
them  
in the  
dishwasher



# MILE 7

Ride bikes with mom on her run



# MILE 8

Uninterrupted

**1**  
One uninterrupted afternoon with a book/podcast + bottle of wine



# MILE 9

Do laundry all week

Younger kids collect and separate; older kids collect, separate, wash, dry, and fold



# MILE 10

Ladies Night

Mom gets time with friends



# MILE 11

Trash Take Out

Take out the trash, recycling, & compost

Good for an entire week.



# MILE 12

Recovery Massage

**1**  
One post-long run leg and foot massage



# MILE 13

No arguing or complaining

Mom wins immediately. The END.



# MILE 13.1

Mom's Choice

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MOTHER'S DAY  
MOTHER'S DAY  
MOTHER'S DAY  
**MOTHER'S DAY  
COUPON BOOK**



**MILE 1**

**MILE 2**



**MILE 3**

**MILE 4**

**MILE 5**

**MILE 6**

Three empty rectangular boxes stacked vertically for coupon use.



**MILE 7**

**MILE 8**

**MILE 9**

**MILE 10**



**MILE 11**

**MILE 12**

**MILE 13**

**MILE 13.1**

