



Name _____

Team _____

Date	Day	Miles	Notes
3/1	M		
3/2	T		
3/3	W		
3/4	Th		
3/5	F		
3/6	S		
3/7	Su		
3/8	M		
3/9	T		
3/10	W		
3/11	Th		
3/12	F		
3/13	S		
3/14	Su		
3/15	M		
3/16	T		
3/17	W		
3/18	Th		
3/19	F		
3/20	S		
3/21	Su		
3/22	M		
3/23	T		
3/24	W		
3/25	Th		
3/26	F		
3/27	S		
3/28	Su		
3/29	M		

****Remember to count exercise not measured in miles (dance, sports, yoga, etc.). 20 minutes of vigorous activity = 1 mile.**

3/30	T		
3/31	W		
4/1	Th		
4/2	F		
4/3	S		
4/4	Su		
4/5	M		
4/6	T		
4/7	W		
4/8	Th		
4/9	F		
4/10	S		
4/11	Su		
4/12	M		
4/13	T		
4/14	W		
4/15	Th		
4/16	F		
4/17	S		
4/18	Su		
4/19	M		
4/20	T		
4/21	W		
4/22	Th		
4/23	F		
4/24	S		
4/25	Su		
4/26	M		
4/27	T		
4/28	W		
4/29	Th		
4/30	F		
5/1	S		
5/2	Su		
5/3	M		
5/4	T		
5/5	W		
5/6	Th		
5/7	F		

Remember to count exercise not measured in miles (dance, sports, yoga, etc.). **20 minutes of vigorous activity = 1 mile.