



Name _____

Team _____

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

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

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

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