



Mileage Log

Week 1

Must be in by Monday January 24 to be posted on-line

Date	Activity	Time	Total Miles For Today	Total Miles for the Race
Monday Jan 17				
Tuesday Jan 18				
Wednesday Jan 19				
Thursday Jan 20				
Friday Jan 21				
Saturday Jan 22				
Sunday Jan 23				

Total Miles:

Record on Next week's log

Walking and Running – report Actual Miles

Biking – report 1 mile for every 3 biked

For other activities - See [Go 100 for Health Exercise Conversion Chart](#)

WEEK 1 NUTRITION CONTEST: Our focus for all 6 weeks will be increasing your intake of fruits and vegetables – our weekly contest will focus on several different areas to improve your overall daily intake. See information in your packet for serving size information. Your challenge this week is to add fruit and vegetable servings at breakfast. Although fruit juice counts, you should try to increase your intake of whole fruits to gain the most nutrition. For this week, record only those servings eaten at breakfast. Winners will be determined by total number of servings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Fruit								
Vegetables								
							Total Fruit and Vegetable	