



Mileage Log

Week 4

Must be in by Monday February 14 to be posted on-line

Date	Activity	Time	Total Miles For Today	Total Miles for the Race
Monday Feb 7				
Tuesday Feb 8				
Wednesday Feb 9				
Thursday Feb 10				
Friday Feb 11				
Saturday Feb 12				
Sunday Feb 13				

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 4 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 snack time. For this week, record only those servings eaten as a snack. Winners will be determined by total number of fruits and vegetables.

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