



## Mileage Log

Week 5

Must be in by Monday February 21 to be qualify for the Prize Drawing

Date	Activity	Time	Total Miles For Today	Total Miles for the Race
Monday Feb 14				
Tuesday Feb 15				
Wednesday Feb 16				
Thursday Feb 17				
Friday Feb 18				
Saturday Feb 19				
Sunday Feb 20				

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 5 NUTRITION CONTEST:** Your challenge this week is to record your total number of fruit and vegetable serving for each day. Winners will be determined by total number of fruits and vegetables eaten for this week.

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