



Mileage Log

Week 6

Must be in by Monday February 28 to be qualify for the Prize Drawing

Date	Activity	Time	Total Miles For Today	Total Miles for the Race
Monday Feb 21				
Tuesday Feb 22				
Wednesday Feb 23				
Thursday Feb 24				
Friday Feb 25				
Saturday Feb 26				
Sunday Feb 27				

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 6 NUTRITION CONTEST: Your challenge this week is increase the variety in your total number of fruit and vegetable serving by eating 5 different fruits and/or vegetables from your COLOR FRUIT/VEGETABLE BINGO CARD (in a row, column or diagonal line). Fruit and Vegetables may be eaten throughout the week. Winners will be randomly drawn from all BINGO cards that are submitted with a BINGO. Your BINGO card is in your packet.