

Snowman Marathon Mileage Log

Week 1 January 23-29

Due February 1

Day	8 oz waters Goal: 3/day	Activity	Time X	Points =	Total
Jan 23					
Jan 24					
Jan 25					
Jan 26					
Jan 27					
Jan 28					
Jan 29					
					TOTAL MILES: (Write on next week's log)

Submit to Wellness Center or online at
http://www.ajhc.org/snowman_marathon.html

Snowman Marathon Mileage Log

Week 2 January 30-February 5

Due February 8

Day	8 oz waters Goal: 4/Day	Activity	Time X	Points =	Total Miles DONE (from last week)
Jan 30					
Jan 31					
Feb 1					
Feb 2					
Feb 3					
Feb 4					
Feb 5					
					TOTAL MILES: (Write on next week's log)

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Snowman Marathon Mileage Log

Week 3 February 6-12

Due February 15

Day	8 oz waters Goal: 5/Day	Activity	Time X	Points =	Total
Feb 6					
Feb 7					
Feb 8					
Feb 9					
Feb 10					
Feb 11					
Feb 12					
					TOTAL MILES: (Write on next week's log)

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Week 4 February 13-19

Due February 22

Day	8 oz waters Goal: 6/Day	Fruits and Veggies Goal: 3 Servings/Day	Activity	Time X	Points =	Total
Feb 13						
Feb 14						
Feb 15						
Feb 16						
Feb 17						
Feb 18						
Feb 19						
						TOTAL MILES: (Write on next week's log)

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Week 5 February 20-26

Due March 1

Day	8 oz waters Goal: 7/Day	Fruits and Vegs Goal: 5 servings/Day	Activity	Time X	Points =	Total
Feb 20						
Feb 21						
Feb 22						
Feb 23						
Feb 24						
Feb 25						
Feb 26						
						TOTAL MILES: (Write on next week's log)

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Snowman Marathon Mileage Log

Week 6 -February 27-March 5

Due March 5

Day	8 oz waters Goal: 8/Day	Fruits and Veggies Goal: 7 servings/Day	Activity	Time X	Points =	Total
Feb 27						
Feb 28						
Mar 1						
Mar 2						
Mar 3						
Mar 4						
Mar 5						
						TOTAL MILES: CONGRATULATIONS! YOU DID IT!!!!!!

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