



my mileage log

	ACTIVITY	TIME
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		

Make a plan to move every day! To get ready for race day, walk and/or run three to four days a week.

Use the mileage log to record the time/distance you spent running, walking or being active any other way.