



MILEAGE LOG

Walker Runner Exercise Mix

Barbour Randolph Pocahontas Tucker Upshur Webster Other



Name: _____ Email: _____ **T-Shirt Size** _____

Phone: _____ Address: _____

Week Beginning	June 25	July 2	July 9	July 16	July 23	July 30	August 6	August 13	August 20	August 27	September 3	September 10	September 17	September 24	October 1	October 8
Sunday																
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday	Start July 1															
Weekly Total																
																GRAND TOTAL

You may walk or run a measured mile.

For other forms of aerobic exercise like step aerobics, Zumba, swimming or biking (pedaling, not coasting), or if you are not able to measure your mileage, **20 minutes continuous activity = one mile.**

(Weight lifting, pilates, and yoga do not count toward aerobic totals in this program (but are important to keep doing!). Please note above if you are running all miles!)

Please turn total mileage by Friday, October 20, 2023.

Every participant who completes 100 miles with all weeks having at least 5 days of mileage and a total of at least 100 miles, will receive a finisher's 100 Mile t-shirt.

Note: To be guaranteed a finisher t-shirt, we must receive your total mileage by October 20, 2023.

Instructions for submitting your mileage log are available in your 100 Miles in 100 Day Information Packet or at www.dhs100miles.com.