



100 MILES in 100 DAYS

A Community Program to Increase Activity

INDIVIDUAL MILEAGE LOG

Walker Runner Exercise Mix

Barbour Randolph Pocahontas Tucker Upshur Other

Name: _____ Team (if applicable): _____ Unisex T-Shirt Size: _____

Email: _____ Phone: _____ Address: _____

Week Beginning	May 29th	June 5th	June 12th	June 19th	June 26th	July 3rd	July 5th	July 17th	July 24th	July 31st	August 7th	August 14th	August 21st	August 28th	September 4th	
Sunday																
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
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, September 8, 2017.

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 September 8, 2017.

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