

**EXERCISE/MILEAGE LOG**

Date: \_\_\_\_\_ Student/Family: \_\_\_\_\_ Grade: \_\_\_\_\_ Total Miles: \_\_\_\_\_

We exercised for \_\_\_\_\_ minutes\* x \_\_\_\_\_ family members = \_\_\_\_\_ miles.

We ran/walked/rode for \_\_\_\_\_ miles x \_\_\_\_\_ family members = \_\_\_\_\_ miles.

We exercised for 30 minutes, three times a week, for an added 5 mile bonus.

\*30 minutes = 1 mile

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