

MARATHON TRACKING SHEET

Use this mileage tracking chart to help you track your miles across Utah. Color in one portion of the square for each 1/4 mile that you walk, jog, run, or do any mile-tracking activity. You can also color in one portion of the square for every 5 minutes of heart-pumping physical activity, like playing outside! Once you have colored in all four sections, move on to the next. Total miles completed after this sheet = 26.2 miles!



Name:

Date:

Parent Signature:



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MARATHON KIDS

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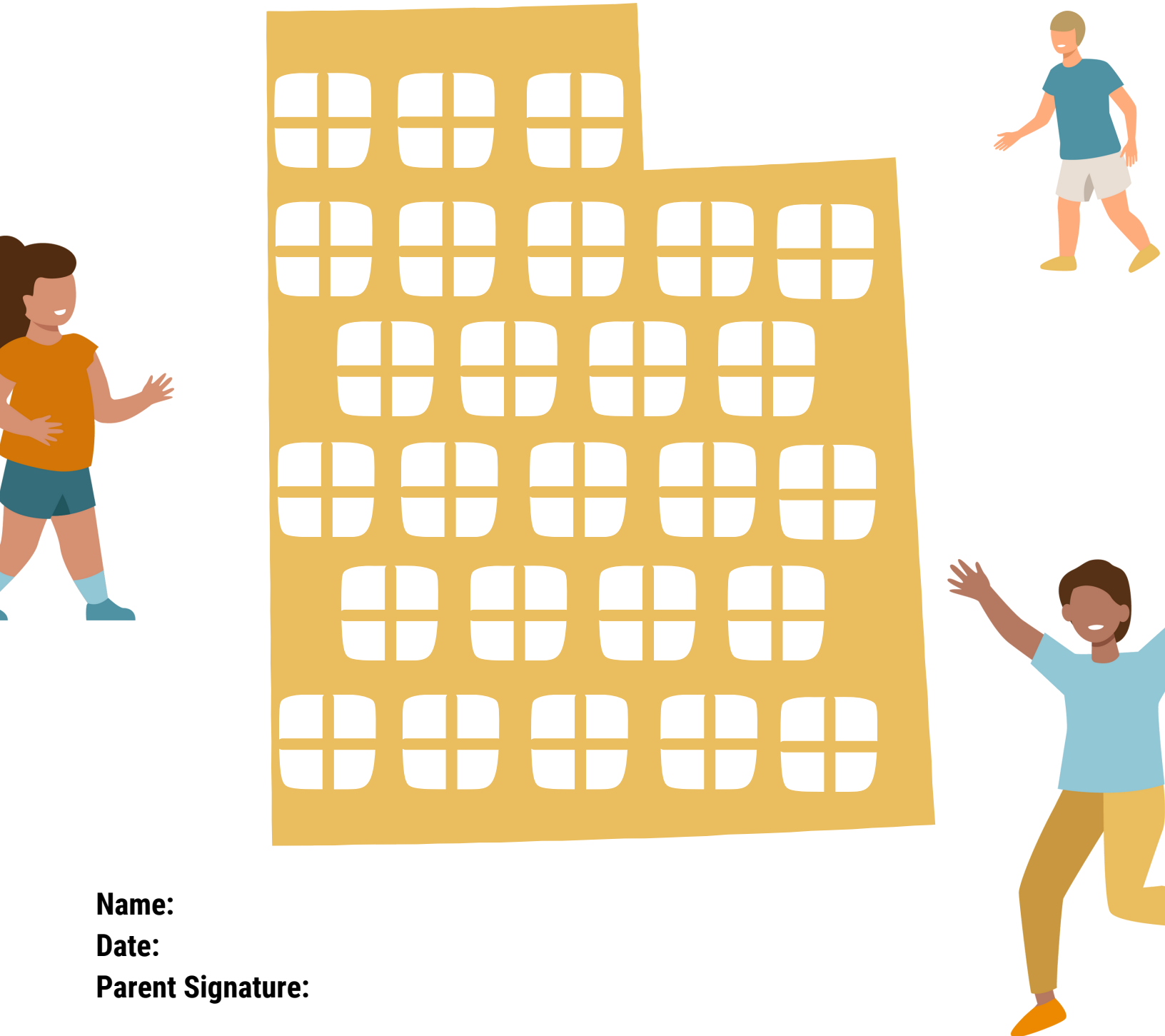
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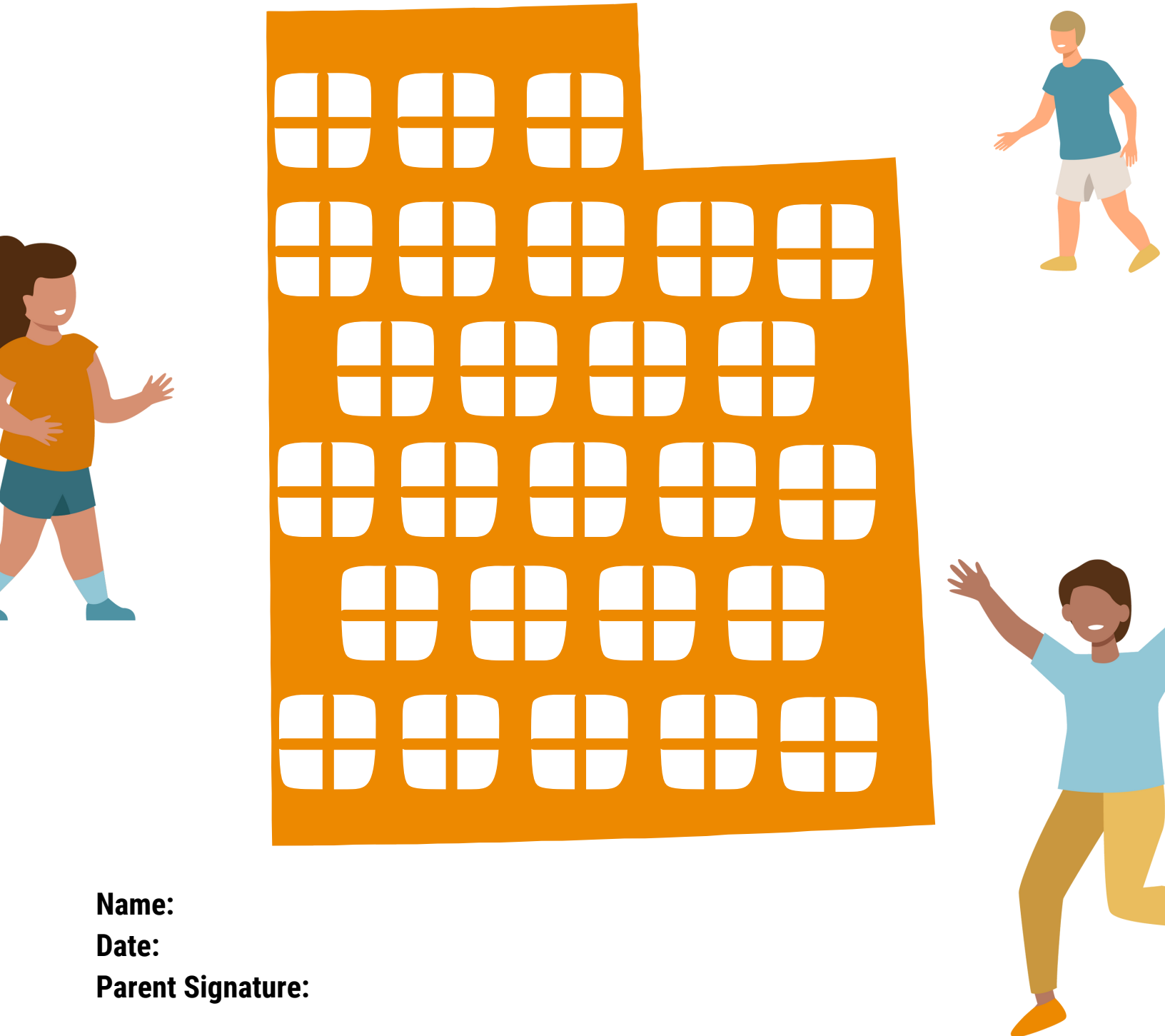


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