

LOG YOUR MILES

Color the squares and write down the date on each mile

START Get ready, Get Healthy, GO!	1	2	3
	WEAR COMFORTABLE SHOES		RUN OR WALK WITH A FRIEND
FINISH At the stadium on October 31 st , 2009			4
	25	DRINK LOTS OF WATER	5
24	GET PLENTY OF SLEEP	6	
23		7	
22	EAT A WELL-BALANCED DIET	8	
21		9	
20	BE SURE TO INCLUDE FRUITS AND VEGETABLES	10	
19		11	
18	INCLUDE OTHER SPORTS AND ACTIVITIES	12	
17		13	
	16	15	14