



Kid's Marathon Activity Log

START	1	2	3	4	
	<p>Strive to reach 25 miles of walking or running and run the final leg of the Marathon on November 4th! Color, stamp or place stickers in the boxes below when you walk or run 1 mile.</p> <p>20 minutes of walking = one mile.</p> <p>WEAR COMFORTABLE SHOES!</p>  <p>GET PLENTY OF SLEEP!</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>5 or more servings of fruits & vegetables</p> <p>2 hours or less recreational screen time</p> <p>1 hour or more of physical activity</p> <p>0 drink less sugar, more water & low fat milk</p> </div>				5
FINISH on November 4, 2010	25				6
	24				7
	23				8
	22				9
	21				10
	20				11
	19				12
	18				13
	17	16	15	14	