



2017 Summer Running Log

Keep track of all your miles over the summer. You may use a tally mark next to the mile until you complete a full mile or write the date next to the miles as you complete them.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	45	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Return this log to your teacher at the beginning of the 2017-2018 school year and receive an award for your achievements. Set a goal for yourself and stick to it. Have fun and drink lots of water!

Name: _____ Grade (2017-18): _____

Summer Goal: _____

Did you participate in a 5k or 10k? If so, which ones: _____

This activity is open to all students K-5, families and staff of Cedar Mill.