



100 Mile Challenge Dog Tracking Log 2017

Name: _____

Email: _____

Start Date: Wednesday Jan 26. End Date: Friday May 5 Event Kick-off: Jan 21, 2017 at 2-4pm at Holiday Park Senior Center 20 MINUTES OF ACTIVITY = 1 MILE 2000 STEPS = 1 MILE								
WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL
Week 1 Jan 22 - 28	X	X	X	X				
Week 2 Jan 29 – Feb 4								
Week 3 Feb 5 - 11								
Week 4 Feb 12 - 18								
Week 5 Feb 19 - 25								
Week 6 Feb 26 – Mar 4								
Week 7 Mar 5 - 11								
Week 8 Mar 12 - 18								
Week 9 Mar 19 - 25								
Week 10 Mar 26 – Apr 1								
Week 11 Apr 2 – Apr 8								
Week 12 Apr 9-15								
Week 13 Apr 16 - 22								
Week 14 Apr 23 - 29								
Week 15 Apr 30 – May 5								
Total Miles	X							

Signature: _____

Date: _____

To claim your challenge award and any prizes you have won you must submit a completed and 100 Mile Challenge tracking Log at the Move More Montgomery Festival May 6, 2017.
 or by email to joanne.roberts@montgomerycountymd.gov.