



# 100 Mile Challenge Tracking Log 2017



Name: \_\_\_\_\_

Email: \_\_\_\_\_

<b>Start Date:</b> Wednesday Jan 26. <b>End Date:</b> Friday May 5 <b>Event Kick-off:</b> 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
<b>Week 1</b> Jan 22 - 28	X	X	X	X				
<b>Week 2</b> Jan 29 – Feb 4								
<b>Week 3</b> Feb 5 - 11								
<b>Week 4</b> Feb 12 - 18								
<b>Week 5</b> Feb 19 - 25								
<b>Week 6</b> Feb 26 – Mar 4								
<b>Week 7</b> Mar 5 - 11								
<b>Week 8</b> Mar 12 - 18								
<b>Week 9</b> Mar 19 - 25								
<b>Week 10</b> Mar 26 – Apr 1								
<b>Week 11</b> Apr 2 – Apr 8								
<b>Week 12</b> Apr 9-15								
<b>Week 13</b> Apr 16 - 22								
<b>Week 14</b> Apr 23 - 29								
<b>Week 15</b> Apr 30 – May 5								
<b>Total Miles</b>	<b>X</b>							

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](mailto:joanne.roberts@montgomerycountymd.gov).