MARATHON KIDS

Athlete

ACTIVITY LOG

Parent Signature

5 minutes of heart-pumping exercise is the same as running a quarter-mile!

ACTIVITY IDEAS:

- Walk the dog
- Jump rope
- Ride your bike
- Build an obstacle course
- Practice sports skills

Color one square for every 5 minutes of physical activity.

Example:

START

5 MILES

10 MILES

DANCE, JUMP, JOG, AND PLAY YOUR WAY TO A MARATHON!

15 MILES

20 MILES

KEEP MOVING!

Way to go! You just finished a marathon. Stay focused and run towards your next goal!

26.2 MILES!