



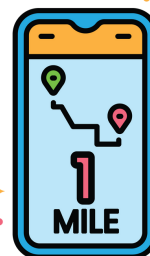
KIDS OF STEEL MILEAGE LOG



Make a plan to move every day! To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active any other way.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1							
Week 2							
Week 3							
Week 4							

Looking for new ways to be active? Visit workoutsofsteel.com for free fitness games, video workouts, and running drills for kids of all ages and a variety of settings and group sizes.



Show off your log! Tag us on social media. Follow us for training tips, physical activity resources, and race updates.

