KIDS OF STEEL MILEAGE LOG

Make a plan to move every day! Use the mileage log below to record the time/distance you spent moving. Every 15 minutes that you move, you will earn 1 mile!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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.

@kidsofsteelpg

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1						
Week 2						
Week 3						
Week 4						

@kidsofsteelpgh

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Week 1						
Week 2						
Week 3						
Week 4						

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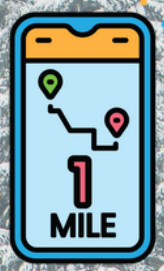

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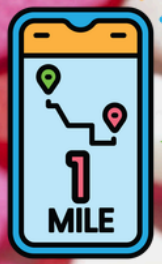

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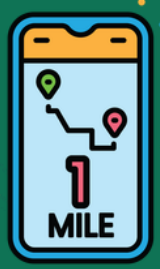

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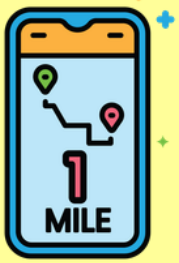

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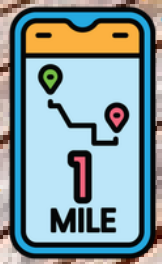

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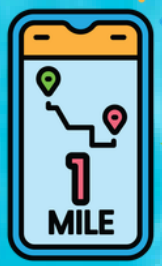

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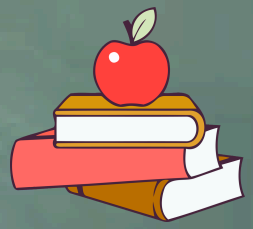

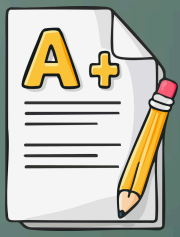

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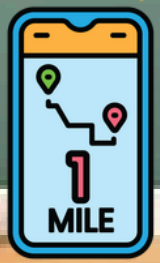

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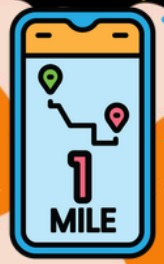

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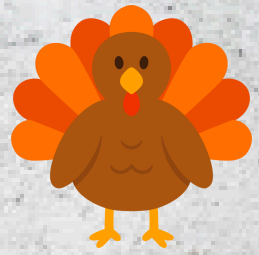

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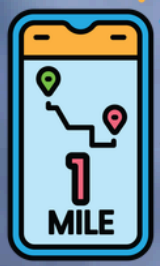

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