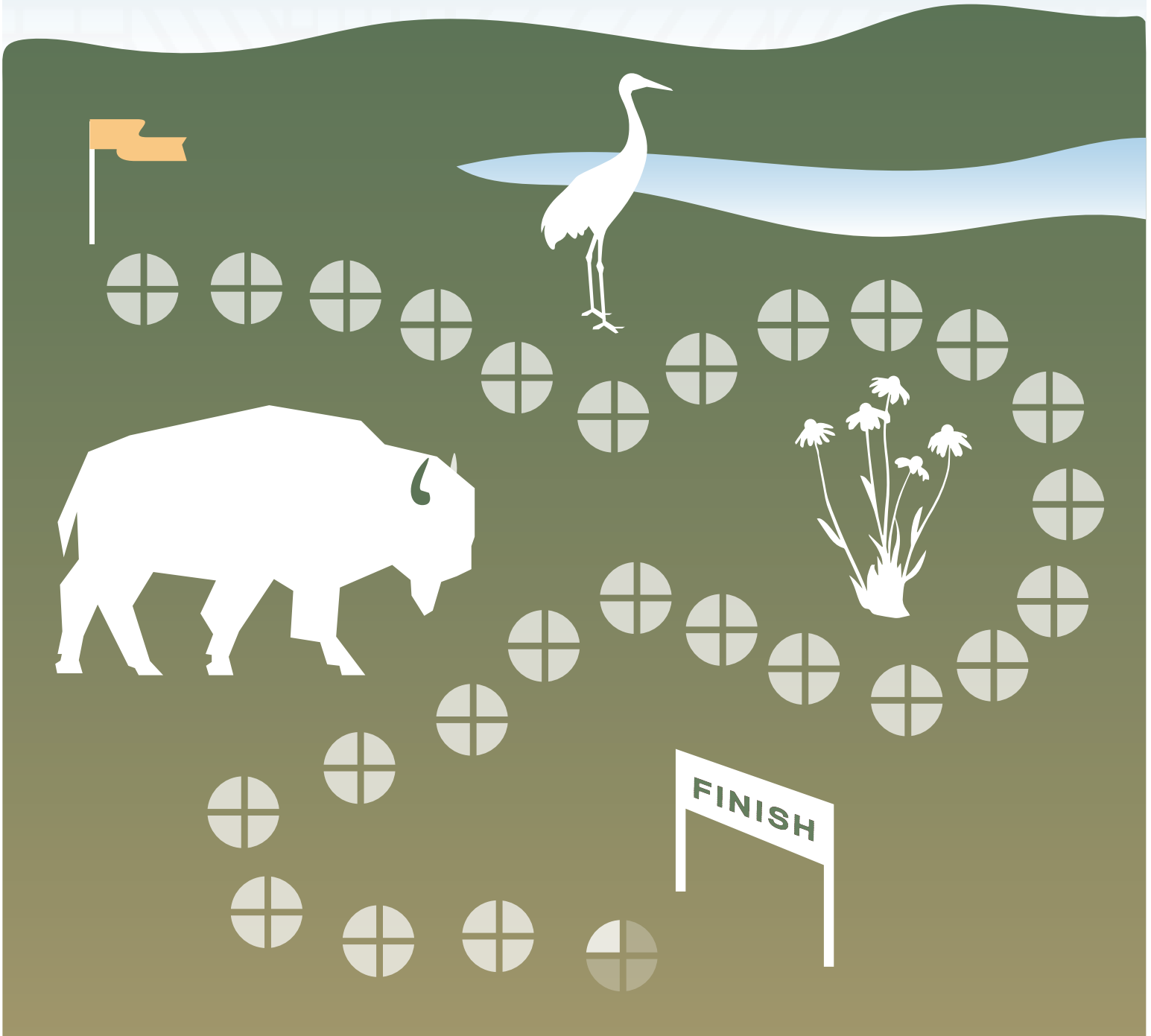# MARATHON #1 TRACKING SHEET

Use this mileage tracking chart to help you track your miles along the trail across the plains. Color in one portion of the circle for each ¼ mile that you walk, jog or run. You can also color in one portion of the circle for every 5 minutes of heart-pumping physical activity. Once you have colored in all four sections, put a sticker over the circle. Total miles completed after this marathon = 26.2 miles!

NAME

DATE STARTED   **DATE COMPLETED**

FINISH

MARATHON #2 TRACKING SHEET

Use this mileage tracking chart to help you track your miles across the mountain trail. Color in one portion of the circle for each ¼ mile that you walk, jog or run. You can also color in one portion of the circle for every 5 minutes of heart-pumping physical activity. Once you have colored in all four sections, put a sticker over the circle. Total miles completed after this marathon = 52.4 miles!

NAME

DATE STARTED   DATE COMPLETED

FINISH

NEP
*Nutrition Education Program*

MARATHON KIDS

N EXTENSION

MARATHON #3 TRACKING SHEET

Use this mileage tracking chart to help you track your miles across the ocean trail. Color in one portion of the circle for each ¼ mile that you walk, jog or run. You can also color in one portion of the circle for every 5 minutes of heart-pumping physical activity. Once you have colored in all four sections, put a sticker over the circle. Total miles completed after this marathon = 78.6 miles!

NAME

DATE STARTED   DATE COMPLETED

FINISH
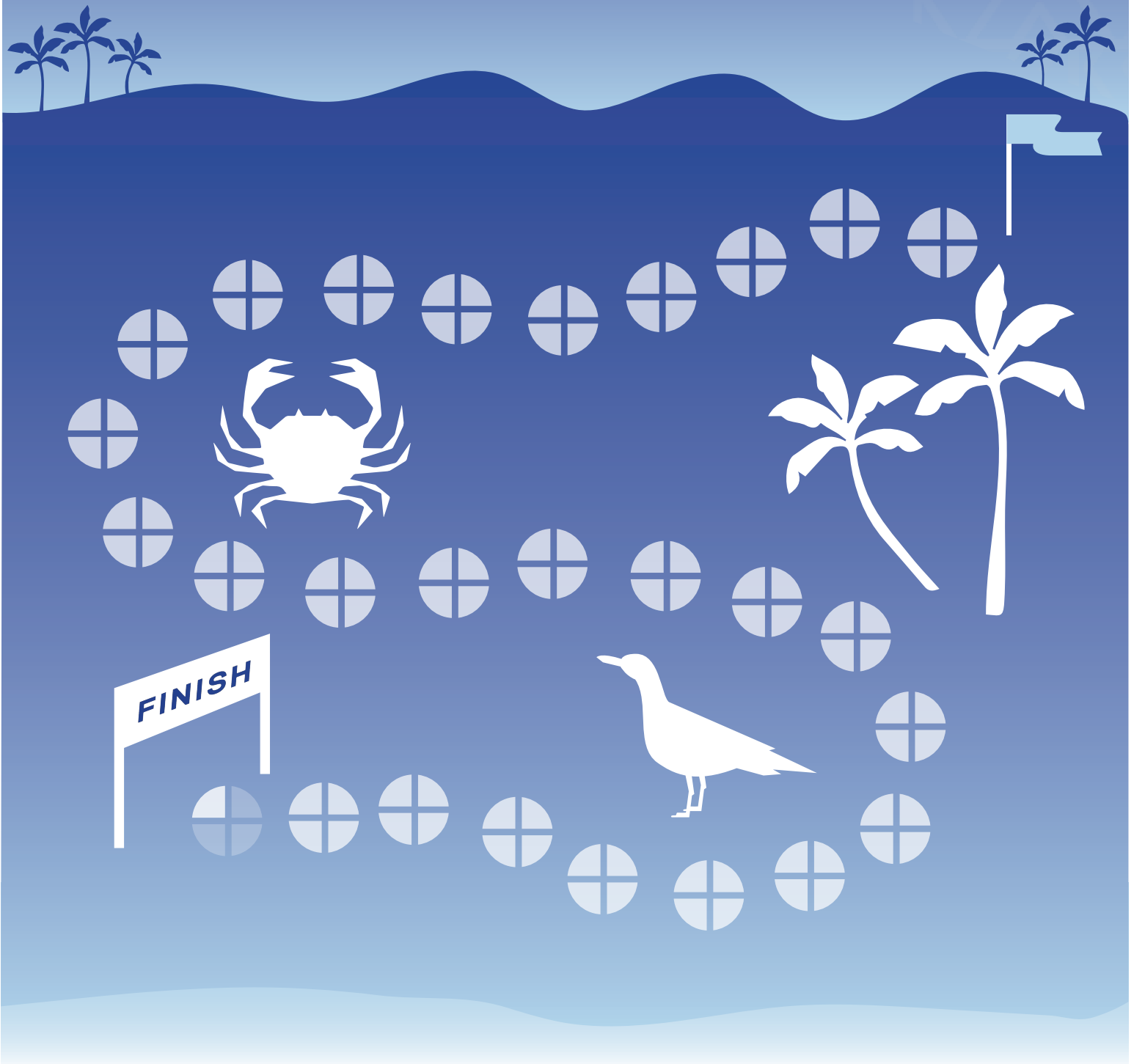
MARATHON #4 TRACKING SHEET

Use this mileage tracking chart to help you track your miles along the trail across the desert. Color in one portion of the circle for each ¼ mile that you walk, jog or run. You can also color in one portion of the circle for every 5 minutes of heart-pumping physical activity. Once you have colored in all four sections, put a sticker over the circle. Total miles completed after this marathon = 104.8 miles!

NAME

DATE STARTED   **DATE COMPLETED**

FINISH