

MARATHON KIDS

4-H Member Name _____

Month _____

ACTIVITY LOG

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

Color one square for every 5 minutes of physical activity.

Example:



ACTIVITY IDEAS:

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

START

5 MILES

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

15 MILES

20 MILES

26.2 MILES!

KEEP MOVING!

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

**26.2
MILES!**