

## Exercise for Life Scholarship

Log Dates: March 8th - May 30th

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sample	Distance - 2 Miles (Walk/Run)	Distance - 1.5 Miles (Run)					
Week	Time - 35 Minutes	Time - 20 Minutes					
<b>WEEK 1</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Mar. 8th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 2</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Mar. 15th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 3</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Mar. 22nd	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 4</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Mar. 29th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 5</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Apr. 5th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 6</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Apr. 12th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 7</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Apr. 19th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 8</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
Apr. 26th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 9</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
May 3rd	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 10</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
May 10th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 11</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
May 17th	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 12</b>	Distance -	Distance -	Distance -	Distance -	Distance -		
May 24th	Time -	Time -	Time -	Time -	Time -		

**PRINT NAME:** \_\_\_\_\_

**SIGN:** \_\_\_\_\_

**DATE:** \_\_\_\_\_