

## Exercise for Life Scholarship

Log Dates: June 2nd - July 23rd

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Sample</i>	<i>Distance - 2 Miles (Walk/Run)</i>	<i>Distance - 1.5 Miles (Run)</i>					
<i>Week</i>	<i>Time - 35 Minutes</i>	<i>Time - 20 Minutes</i>					
<b>WEEK 1</b>			Distance -	Distance -	Distance -	Distance -	Distance -
<i>Wed., June 2nd</i>			Time -	Time -	Time -	Time -	Time -
<b>WEEK 2</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>June 7th</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 3</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>June 14th</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 4</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>June 21st</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 5</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>June 28th</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 6</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>July 5th</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 7</b>	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
<i>July 12th</i>	Time -	Time -	Time -	Time -	Time -	Time -	Time -
<b>WEEK 8</b>	Distance -	Distance -	Distance -	Distance -	Distance -		
<i>July 19th</i>	Time -	Time -	Time -	Time -	Time -		

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

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

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