**Name:**

**Class/Hour:**

Our class is biking the distance of the this fall (2100 miles) to improve our aerobic fitness. We will reach our goal if everyone rides 3 miles 30 times, but any miles you ride are helpful. To help you count, consider each 20 minutes of cycling as 3 miles.



Record the miles you complete for each day you ride in the spaces provided. Each 20 minutes of jogging or in-line skating may also represent 3 miles if you prefer.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| Day 7 | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 |
| Day 13 | Day 14 | Day 15 | Day 16 | Day 17 | Day 18 |
| Day 19 | Day 20 | Day 21 | Day 22 | Day 23 | Day 24 |
| Day 25 | Day 26 | Day 27 | Day 28 | Day 29 | Day 30 |

## Total miles = © Steven A. Henkel, 9/04