



Fitness on the Fox Race Mileage Log

First Name: _____

Last Name: _____

Classroom Teacher: _____

DIRECTIONS: Please use the lines below to describe physical activities you have completed and time you have spent reading **outside of school hours** between 4/16 and 4/30. You may have more than one activity or reading time per day (see examples below). Please only list one per line. When the reading log lines are full, add up your minutes and divide by 60 to find out how many miles you have earned for your classroom. (Parents, you may help your student with the math equation below to figure out the mileage.) Please return this race mileage log to your classroom teacher and take a new one. You may also print a new log from the HES PTO website. Only activities completed between 4/16 and 4/30 qualify, and all logs must be turned in by the end of the school day on 4/30.

Physical activity example: Soccer Practice	4/16	60	Example
Reading example: Read "Green Eggs & Ham"	4/16	15	Example

Description of Physical Activity or Book(s) Read	Date	Minutes	Parent Signature

Total minutes: _____

Now, let's figure out how many miles you have earned for your classroom...

Total minutes above _____ divided by 60 = _____ Total miles earned

*****BONUS MILES:** If you have registered for and participate in Run From the Heart on 4/21, you will automatically receive an additional **20 miles** for your classroom! Run From the Heart should not be included on your mileage log.***