

# KIDS OF STEEL MILEAGE LOG



RUN BY 

**Make a plan to move every day!**  
To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active some other way.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
week 1							
week 2							
week 3							
week 4							
week 5							
week 6							
week 7							
week 8							

Show off your log! Tag us on social media. Follow us for training tips and race updates.



@kidsofsteelgh