New Albany Kids Marathon Activity Log

Keep track of your mileage and complete a full marathon, 26.2 miles. Follow the instructions below:

1. Enter the mileage covered for each date of activity in the *Miles* column. Maximum: 3 miles/day (even if more are completed).
2. Add and enter the total miles covered in the *Cumulative* column.
3. Once you've reached 26.2 miles, fill out the completion form on our website: www.nakidsmarathon.com to receive your prize!

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

Date	Miles	Cumulative Miles	Date	Miles	Cumulative Miles
May 1			May 17		
May 2			May 18		
May 3			May 19		
May 4			May 20		
May 5			May 21		
May 6			May 22		
May 7			May 23		
May 8			May 24		
May 9			May 25		
May 10			May 26		
May 11			May 27		
May 12			May 28		
May 13			May 29		
May 14			May 30		
May 15			May 31		
May 16					

Activity conversion guide for each mile of credit:
  - 20 minute of walk/run or 2000 steps;
  - 15 minutes of biking;
  - 10 minutes moving in a wheelchair;
  - 25 minutes of swimming.

_____   _____
                  Name of Participant   Date Completed

CONGRATULATIONS!