



Walk 100 Miles in 100 Days Mileage Tracking Form
January 30—May 9, 2017



Name _____
 Address _____
 Email _____ Phone _____
 Classroom (if applicable) _____

Days/Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
Saturday															
Sunday															
Weekly Totals															

I verify that I have walked the miles recorded, signature _____

Summit Academy’s Walk 100 Miles in 100 Days is a program to get you active every day. You get to decide how far you will walk or how active you will be each day. You can decide when, where, and what to do! Any activity that gets your heart rate elevated (aerobic activity) will count. 20 minutes of aerobic activity=1 mile.

Begin your activities on January 23rd and keep track of your mileage. Please note that Week 15 is only 3 days: 5/7, 5/8, and 5/9.

Once your tracking form is complete, turn it in to the school. To do so, you can:

- Turn it in to a teacher
- Mail it to Summit Academy 30100 Olmstead Flat Rock, MI 48134
- Fax it to (734) 379-6745
- Scan it to srcett@summit-academy.com

Like our Facebook page at: <https://www.facebook.com/SAWalk100Miles/>



