

Mileage Tracker

Health First



FOR MORE INFORMATION: countdowntofitness.org Running Zone Foundation 321-751-8890

Prizes and incentives for every 5 miles completed!

Name:	School:					
30	30	30)			70)	30
30	30		70	70)	30	30)
	30)	30)	30)	30)		30)











Color in the miles as you complete them. Run the Final Mile of the Marathon on Race Day.

