Jefferson County Parks & Recreation

100 MILES in 100 DAYS! *Challenge*

Name: _____

Address: _____

Email: _____ Phone: _____

Enter the number of miles you walk/run each day... How far can you go?

Days/Weeks	Week 1 April 17-23	Week 2 April 24-30	Week 3 May 1-7	Week 4 May 8-14	Week 5 May 15-21	Week 6 May 22-28	Week 7 May 29 June 4	Week 8 June 5-11	Week 9 June 12-18	Week 10 June 29-25	Week 11 June 26 July 2	Week 12 July 3-9	Week 13 July 10-16	Week 15 July 17-23	Week 15 July 24-30
Monday	1	8	15	22	29	36	43	50	57	64	71	78	85	92	99
Tuesday	2	9	16	23	30	37	44	51	58	65	72	79	86	93	100
Wednesday	3	10	17	24	31	38	45	52	59	66	73	80	87	94	
Thursday	4	11	18	25	32	39	46	53	60	67	74	81	88	95	
Friday	5	12	19	26	33	40	47	54	61	68	75	82	89	96	
Saturday	6	13	20	27	34	41	48	55	62	69	76	83	90	97	
Sunday	7	17	21	28	35	42	49	56	63	70	77	84	91	98	

I verify that I have walked/run the miles recorded. Signature: _____

100 Miles in 100 Days is a self-directed program designed to get you in the habit of being active everyday. This program puts you in charge—you decide when and where you want to get active. You can also substitute other forms of cardiovascular or aerobic exercise. Meaning any activity that gets your heart rate elevated. **20 minutes of aerobic activity = 1 mile.**

If you are new to exercise, please check with your doctor to make sure it is safe for you to begin walking or exercising.

Begin walking/exercising and keep track of your mileage starting on Monday, April 17. There is NO MAX to the miles that can be recorded. Weight lifting/strength, although important forms of exercise, are not included om this particular program.

Mail, fax or email your completed Tracking Form by August 1, 2017 to:
Mail: Jefferson County Parks and Recreation, 235 Sam Michael's Lane, Shenandoah Junction, WV 25442
Email: tburhans@jcprc.org   Phone: 304-728-3207   Fax: 304-728-9746

All participants who complete 100 Miles in 100 Days will receive a FREE Jefferson County Community Center Punch Pass!

Register at www.jcprc.org or call our office at 304-728-3207

Program #4462 to register FREE or Program #4463 to register and receive a JCPRC t-shirt ($10).