



## Mile-Per-Day Challenge

Choose from the provided [list of different aerobic activities](#) each day and complete the minimum minutes to equal one mile. Aim to complete one mile per day. Use this tracking sheet to record your miles.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Miles
Week 1								
Week 2								
Week 3								
Week 4								

Name: \_\_\_\_\_ Department/Agency: \_\_\_\_\_