

MONTH \_\_\_\_\_ ARE YOU COMBINING THIS WITH A HEALTHY

NAME \_\_\_\_\_ FUTURES LOG? \_\_\_\_\_

TOTAL MILES \_\_\_\_\_



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**Document your miles - Whether it's running, hiking, skiing, biking, skating or whatever - log your miles & track your success to 100 miles! Need more fitness logs? Go to [matsucentral.org](http://matsucentral.org) or pick up some at the front office.**

**Submit completed logs at the end of each month to Gena C. by email: [mscactivities@gmail.com](mailto:mscactivities@gmail.com) or drop them by our front office.**