

24,901.5 Miles = Walk Around The World With GET FIT

Team/Individual Log

Day 1 _____	Day 16 _____
Day 2 _____	Day 17 _____
Day 3 _____	Day 18 _____
Day 4 _____	Day 19 _____
Day 5 _____	Day 20 _____
Day 6 _____	Day 21 _____
Day 7 _____	Day 22 _____
Day 8 _____	Day 23 _____
Day 9 _____	Day 24 _____
Day 10 _____	Day 25 _____
Day 11 _____	Day 26 _____
Day 12 _____	Day 27 _____
Day 13 _____	Day 28 _____
Day 14 _____	Day 29 _____
Day 15 _____	Day 30 _____
Total Miles _____	

Name(s): _____



Conversion Chart

- * 1 mile walked, jogged or ran = 4 miles
- * 30 minutes of other exercise = 4 miles

Rules

- * Teams of 3-6 people.
- * Use Conversion Chart
- * Chart your miles.
- * Turn in Team Log.
- * Begin Sept. 1 - End Sept. 30th
- * All Logs must be received by Oct. 6th. Please give to your GET FIT Coordinator or send in-district mail to Kristina Wonderly at TMS.

If Central School District Walks Around the World in 30 Days = **Catered Lunch for Participants on Monday, Oct. 18th 2010.** Plus Other Prizes: Including Gift Cards, Gum, T-Shirts, Water Bottles, etc.

24,901.5 Miles = Walk Around The World With GET FIT

Team/Individual Log

Day 1 _____	Day 16 _____
Day 2 _____	Day 17 _____
Day 3 _____	Day 18 _____
Day 4 _____	Day 19 _____
Day 5 _____	Day 20 _____
Day 6 _____	Day 21 _____
Day 7 _____	Day 22 _____
Day 8 _____	Day 23 _____
Day 9 _____	Day 24 _____
Day 10 _____	Day 25 _____
Day 11 _____	Day 26 _____
Day 12 _____	Day 27 _____
Day 13 _____	Day 28 _____
Day 14 _____	Day 29 _____
Day 15 _____	Day 30 _____
Total Miles _____	

Name(s): _____



Conversion Chart

- * 1 mile walked, jogged or ran = 4 miles
- * 30 minutes of other exercise = 4 miles

Rules

- * Teams of 3-6 people.
- * Use Conversion Chart
- * Chart your miles.
- * Turn in Team Log.
- * Begin Sept. 1 - End Sept. 30th
- * All Logs must be received by Oct. 6th. Please give to your GET FIT Coordinator or send in-district mail to Kristina Wonderly at TMS.

If Central School District Walks Around the World in 30 Days = **Catered Lunch for Participants on Monday, Oct. 18th 2010.** Plus Other Prizes: Including Gift Cards, Gum, T-Shirts, Water Bottles, etc.

24,901.5 Miles = Walk Around The World With GET FIT

Team/Individual Log

Day 1 _____	Day 16 _____
Day 2 _____	Day 17 _____
Day 3 _____	Day 18 _____
Day 4 _____	Day 19 _____
Day 5 _____	Day 20 _____
Day 6 _____	Day 21 _____
Day 7 _____	Day 22 _____
Day 8 _____	Day 23 _____
Day 9 _____	Day 24 _____
Day 10 _____	Day 25 _____
Day 11 _____	Day 26 _____
Day 12 _____	Day 27 _____
Day 13 _____	Day 28 _____
Day 14 _____	Day 29 _____
Day 15 _____	Day 30 _____
Total Miles _____	

Name(s): _____



Conversion Chart

- * 1 mile walked, jogged or ran = 4 miles
- * 30 minutes of other exercise = 4 miles

Rules

- * Teams of 3-6 people.
- * Use Conversion Chart
- * Chart your miles.
- * Turn in Team Log.
- * Begin Sept. 1 - End Sept. 30th
- * All Logs must be received by Oct. 6th. Please give to your GET FIT Coordinator or send in-district mail to Kristina Wonderly at TMS.

If Central School District Walks Around the World in 30 Days = **Catered Lunch for Participants on Monday, Oct. 18th 2010.** Plus Other Prizes: Including Gift Cards, Gum, T-Shirts, Water Bottles, etc.

24,901.5 Miles = Walk Around The World With GET FIT

Team/Individual Log

Day 1 _____	Day 16 _____
Day 2 _____	Day 17 _____
Day 3 _____	Day 18 _____
Day 4 _____	Day 19 _____
Day 5 _____	Day 20 _____
Day 6 _____	Day 21 _____
Day 7 _____	Day 22 _____
Day 8 _____	Day 23 _____
Day 9 _____	Day 24 _____
Day 10 _____	Day 25 _____
Day 11 _____	Day 26 _____
Day 12 _____	Day 27 _____
Day 13 _____	Day 28 _____
Day 14 _____	Day 29 _____
Day 15 _____	Day 30 _____
Total Miles _____	

Name(s): _____



Conversion Chart

- * 1 mile walked, jogged or ran = 4 miles
- * 30 minutes of other exercise = 4 miles

Rules

- * Teams of 3-6 people.
- * Use Conversion Chart
- * Chart your miles.
- * Turn in Team Log.
- * Begin Sept. 1 - End Sept. 30th
- * All Logs must be received by Oct. 6th. Please give to your GET FIT Coordinator or send in-district mail to Kristina Wonderly at TMS.

If Central School District Walks Around the World in 30 Days = **Catered Lunch for Participants on Monday, Oct. 18th 2010.** Plus Other Prizes: Including Gift Cards, Gum, T-Shirts, Water Bottles, etc.

Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

PLEASE
PLACE
STAMP
HERE

Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

PLEASE
PLACE
STAMP
HERE

Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4