




Miles, Meals + Math

A 7-day challenge to encourage physical activity, healthy eating, and math skills for kids ages 4 to 13

TRACKING FORM (Please PRINT Clearly)

Name: _____ Date Registered: _____

Date	Time to Run and/or Walk ½ Mile	Fruit Eaten (at least 3 bites; must be different each day)	Vegetable Eaten (at least 3 bites; must be different each day)
1. Monday 6/23			
2. Tuesday 6/24			
3. Wednesday 6/25			
4. Thursday 6/26			
5. Friday 6/27			
6. Saturday 6/28			
7. Sunday 6/29			
TOTAL TIME		<p>Return your completed Tracking Form by July 2nd by dropping it off at The Brick (410A Main Street, Danville, VA 24541), OR by scanning/emailing it to brick410a@verizon.net. Questions? Call The Brick at (434) 799-5957</p> 	
AVERAGE TIME (Total Time / 7)			

On my honor, I have completed the Miles, Meals + Math challenge as shown by the Tracking Form above.

Signature of Participant: _____ Date: _____

Signature of Parent/Legal Guardian: _____ Date: _____