KIDS MARATHON TRAINING LOG

CHILD'S NAME: _____

CHILD'S AGE ON RACE DAY: _____

SCHOOL/SCHOOL DISTRICT OR ORGANIZATION: _____

PHYSICAL ACTIVITY LOG

DATE	MILES	TYPE OF ACTIVITY
TOTAL MILES:		

NUTRITION LOG

	WHAT NEW FOOD DID YOU TRY?	DID YOU LIKE OR DISLIKE IT?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
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24		
25		
26		

SEE KIDS MARATHON TRAINING PLAN FOR SUBMISSION INFO.