



AWESOME ARRIVED

26.2
9.28.18

FORT4FITNESS.ORG

CRUSHING IT

SQUAD RUN

ACTIVITY CONVERSION CHART

Baseball or softball	20 min.	▶ 2 miles	Martial arts	30 min.	▶ 3 miles
Basketball	30 min.	▶ 3 miles	Rollerblading	3 miles	▶ 1 mile
Biking	3 miles	▶ 1 mile	Soccer	30 min.	▶ 3 miles
Bowling	20 min.	▶ 1 mile	Swimming	20 min.	▶ 2 miles
Dance class	30 min.	▶ 3 miles	Tennis	20 min.	▶ 2 miles
Golf	20 min.	▶ 1 mile	Volleyball	20 min.	▶ 2 miles
Jogging or running		▶ Record actual miles	Walking		▶ Record actual miles

FORT 4 FITNESS

Kids Marathon

Fort4Fitness.org

Sponsored by:



Lutheran Health Network
Lutheran Children's Hospital

LutheranHealth.net

Lutheran Hospital is owned in part by physicians.

Healthy tips!

- ▶ On the days you don't run, do other muscle-moving and bone-strengthening activities such as hopscotch, riding your bike, playing basketball or swimming.
- ▶ When running, you should be able to talk to others.
- ▶ Drink plenty of water throughout the day.
- ▶ *Wacky fact:* Your urine should be the color of lemonade if you're drinking enough water.
- ▶ Tell someone if something hurts or you don't feel good.

USING THE MILEAGE LOGBOOK

- Plan your runs/walks weekly.
- Circle the miles that you actually achieved. Be sure to adjust your schedule if you miss a run/walk.
- At the end of the week, add up your miles to see how far you've traveled toward your Kids' Marathon goal.



This incremental running/walking program encourages children to exercise and continue to live a healthy lifestyle. Participants will run and/or walk a total of 26.2 miles (a full marathon distance) between June 19 and Sept. 28. The goal is to run/walk at least one to three miles each of the 15 weeks so you only have 1.2 miles to complete at the Kids' Marathon finale on Sept. 28. Each runner/walker will be at a different level — and that's perfectly fine. If you decide to set a different goal, such as a 4 mile, 10k or half marathon, that's fine, too. The idea is to get moving and have fun doing it. You may even join other participants at "Family Fun & Fitness" events two Thursdays each month to walk, run and participate in a variety of other activities. Visit Fort4Fitness.org for details.

KIDS' MARATHON CHALLENGE: 26.2 MILES (over 15 weeks)

AWESOME HAS ARRIVED!
AWESOME HAS ARRIVED!

JUNE/JULY

NAME _____

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 mile(s) coach/parent initials	JUNE 18 KICKOFF MILE SIGN UP TODAY! 3:30-7 p.m. FAMILY FUN & FITNESS NIGHT	19 mile(s) coach/parent initials	20 mile(s) coach/parent initials	21 mile(s) coach/parent initials	22 mile(s) coach/parent initials	23 mile(s) coach/parent initials
24 mile(s) coach/parent initials	25 mile(s) coach/parent initials	26 mile(s) coach/parent initials	27 mile(s) coach/parent initials	28 mile(s) coach/parent initials	29 mile(s) coach/parent initials	30 mile(s) coach/parent initials
JULY 1 mile(s) coach/parent initials	2 mile(s) coach/parent initials	3 mile(s) coach/parent initials	4 mile(s) coach/parent initials	JULY 5 GET IN THE GAME 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	6 mile(s) coach/parent initials	7 mile(s) coach/parent initials
8 mile(s) coach/parent initials	9 mile(s) coach/parent initials	10 mile(s) coach/parent initials	11 mile(s) coach/parent initials	12 mile(s) coach/parent initials	13 mile(s) coach/parent initials	14 mile(s) coach/parent initials
15 mile(s) coach/parent initials	16 mile(s) coach/parent initials	17 mile(s) coach/parent initials	18 mile(s) coach/parent initials	JULY 19 BIKE YOUR MILES 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	20 mile(s) coach/parent initials	21 mile(s) coach/parent initials

WEEKLY MILEAGE
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FAMILY FUN & FITNESS:
 ASH Centre, 1701 Freeman St., Ft. Wayne, IN 46802

***July 19, BIKE YOUR MILES:**
 Franke Park, 3411 Sherman Blvd. Ft. Wayne, IN 46808

JULY/AUGUST

WEEK 6
WEEK 7
WEEK 8
WEEK 9
WEEK 10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 mile(s) coach/parent initials	23 mile(s) coach/parent initials	24 mile(s) coach/parent initials	25 mile(s) coach/parent initials	26 mile(s) coach/parent initials	27 mile(s) coach/parent initials	28 mile(s) coach/parent initials
29 mile(s) coach/parent initials	30 mile(s) coach/parent initials	31 mile(s) coach/parent initials	AUG. 1 mile(s) coach/parent initials	AUG. 2 LIFE IS SWEET 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	3 mile(s) coach/parent initials	4 mile(s) coach/parent initials
5 mile(s) coach/parent initials	6 mile(s) coach/parent initials	7 mile(s) coach/parent initials	8 mile(s) coach/parent initials	9 mile(s) coach/parent initials	10 mile(s) coach/parent initials	11 mile(s) coach/parent initials
12 mile(s) coach/parent initials	13 mile(s) coach/parent initials	14 mile(s) coach/parent initials	15 mile(s) coach/parent initials	AUG. 16 GRAB LIFE AND GO 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	17 mile(s) coach/parent initials	18 mile(s) coach/parent initials
19 mile(s) coach/parent initials	20 mile(s) coach/parent initials	21 mile(s) coach/parent initials	22 mile(s) coach/parent initials	23 mile(s) coach/parent initials	24 mile(s) coach/parent initials	25 mile(s) coach/parent initials

WEEKLY MILEAGE
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FAMILY FUN & FITNESS:
 ASH Centre, 1701 Freeman St., Ft. Wayne, IN 46802

AUGUST/SEPTEMBER

WEEK 11
WEEK 12
WEEK 13
WEEK 14
WEEK 15

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 mile(s) coach/parent initials	27 mile(s) coach/parent initials	28 mile(s) coach/parent initials	29 mile(s) coach/parent initials	AUG. 30 TAKE A TECH WALK 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	31 mile(s) coach/parent initials	SEPT. 1 mile(s) coach/parent initials
2 mile(s) coach/parent initials	3 mile(s) coach/parent initials	4 mile(s) coach/parent initials	5 mile(s) coach/parent initials	6 mile(s) coach/parent initials	7 mile(s) coach/parent initials	8 mile(s) coach/parent initials
9 mile(s) coach/parent initials	10 mile(s) coach/parent initials	11 mile(s) coach/parent initials	12 mile(s) coach/parent initials	SEPT. 13 HAWAIIAN LU'AU 3:30-6 p.m. FAMILY FUN & FITNESS NIGHT	14 mile(s) coach/parent initials	15 mile(s) coach/parent initials
16 mile(s) coach/parent initials	17 mile(s) coach/parent initials	18 mile(s) coach/parent initials	19 mile(s) coach/parent initials	20 mile(s) coach/parent initials	21 mile(s) coach/parent initials	22 mile(s) coach/parent initials
23 mile(s) coach/parent initials	24 mile(s) coach/parent initials	25 mile(s) coach/parent initials	26 mile(s) coach/parent initials	27 mile(s) coach/parent initials	9.28.18 FINAL MILE! CRUSHING IT! 6:45 p.m. AWESOME HAS ARRIVED	29 Marathon Half Marathon 10K 4 Mile

WEEKLY MILEAGE
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Sept. 28, FINAL MILE! (Kids and Seniors)
 1301 Ewing St., Ft. Wayne, IN 46802