



# DISTANCE TRACKER

## NOVEMBER 2020

							Distance Totals		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Swim	Run	Bike
1 Swim: _____ Run: _____ Bike: _____	2 Swim: _____ Run: _____ Bike: _____	3 Swim: _____ Run: _____ Bike: _____	4 Swim: _____ Run: _____ Bike: _____	5 Swim: _____ Run: _____ Bike: _____	6 Swim: _____ Run: _____ Bike: _____	7 Swim: _____ Run: _____ Bike: _____			
8 Swim: _____ Run: _____ Bike: _____	9 Swim: _____ Run: _____ Bike: _____	10 Swim: _____ Run: _____ Bike: _____	11 Swim: _____ Run: _____ Bike: _____	12 Swim: _____ Run: _____ Bike: _____	13 Swim: _____ Run: _____ Bike: _____	14 Swim: _____ Run: _____ Bike: _____			
15 Swim: _____ Run: _____ Bike: _____	16 Swim: _____ Run: _____ Bike: _____	17 Swim: _____ Run: _____ Bike: _____	18 Swim: _____ Run: _____ Bike: _____	19 Swim: _____ Run: _____ Bike: _____	20 Swim: _____ Run: _____ Bike: _____	21 Swim: _____ Run: _____ Bike: _____			
22 Swim: _____ Run: _____ Bike: _____	23 Swim: _____ Run: _____ Bike: _____	24 Swim: _____ Run: _____ Bike: _____	25 Swim: _____ Run: _____ Bike: _____	26 Swim: _____ Run: _____ Bike: _____	27 Swim: _____ Run: _____ Bike: _____	28 Swim: _____ Run: _____ Bike: _____			
29 Swim: _____ Run: _____ Bike: _____	30 Swim: _____ Run: _____ Bike: _____								
<b>Monthly Distance Totals:</b>									

Tip: The easiest way to track your distance running or biking is on a machine. But if you choose to run or bike outdoors, use a device that monitors your steps or has a GPS tracker. MTY Pool Distances: 25 meter = .0155343 miles or 50 meter = .0310686 miles

**Enter the distance you complete each day, total for the week and month. Turn in Distance Tracker to Member Service Desk when goal is achieved to receive credit. This program is based off the honor system. Thank you for participating!**

**Goal: Swim = 50 miles / Run = 100 miles / Bike = 500 miles | Program Dates: November 1, 2020 - January 31, 2021**