

**NAME:**

Week of	Tues	Weds	Thurs	Fri	Sat	Sun	Mon	Total Miles	Parent Signature
9/22									
9/30									
10/7									
10/14									
10/21									
10/28					5K Race!				



Remember, miles done on a bike count 4:1.  
So if you rode your bike for 1 mile it counts as a  $\frac{1}{4}$  (or .25) of a mile. If you rode your bike for 4 miles, it counts as 1 mile