

Get Fit on Route 66
Weekly Activity Log

Name: _____ Week #: _____

Department: _____

Email: _____ Phone: _____

Day	Date	Miles on Foot per pedometer or marked-distance trail	Route 66 Miles On Foot <i>(Miles on Foot x 10)</i>	Minutes of Other Activity <i>(1 mile per minute**)</i>	Total Route 66 Miles Traveled
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
TOTALS					

****other activities must be performed continuously for at least 29 minutes to earn mileage. (29 minutes = 29 miles)**