

# MILEAGE LOG

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Miles/Lap: \_\_\_\_\_ To find your total distance, multiply the number of laps by the miles per lap. \_\_\_\_\_laps X \_\_\_\_\_mi/lap = \_\_\_\_\_mi


Great job being active! Use this log to track the type of activity you did and the number of minutes you were active.

Aim for at least 60min a day - Have fun!

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