



Cerritos Virtual Running Club



MILES LOG SHEET

Instructions:

- (1) Write your name and teacher in the box below. *(You can add other family members to this sheet for fun too!)*
- (2) Have your mom, dad, or other family member help you determine how far a mile is in your neighborhood *(for example, 1 mile might be 20 laps around your backyard, 4 times around your block, approximately 10-15 minutes of running, walking, skipping around your driveway, etc.)*
- (3) Each time you RUN, WALK, or HIKE a mile, put an "X" (or sticker) under the mile marker you've achieved. *(Be sure you are social distancing!)*

Remember: Every mile you complete earns you a small foot for your necklace! Once you've reached 10 miles, you've earned a BIG FOOT! Collect multiple BIG FEET by running 10, 20, 30+ miles!

Name:	Teacher:	Mile ①	Mile ②	Mile ③	Mile ④	Mile ⑤	Mile ⑥	Mile ⑦	Mile ⑧	Mile ⑨	Mile ⑩

Parent/Guardian Signature: _____

To Report Your Completed Miles:

Your mom, dad or guardian should sign the form in the space above certifying that the miles were completed. Forward a copy of this completed form to Mrs. Miller (text 480-313-0660 or email [janemiller333@msn.com](mailto:janiemiller333@msn.com)). Feel free to request feet colors. We will do our best to honor your request with inventory on-hand.

SMALL FEET COLOR REQUESTS: *(choices are white, yellow, orange, red, blue, purple, green, black, gold, silver)* _____

BIG FOOT COLOR REQUEST: *(choices are white, yellow, orange, red, blue, purple, green, black)* _____

Feet earned will be delivered to your teacher to pass out when you return to school. Any ?s — message Mrs. Miller. Stay healthy & keep moving your feet, Roadrunners!

