

Fit is Fun Tracking Sheet

Name _____

Period _____

Directions: Choose an activity to do. When you are finished check the chart to convert the time to mileage. You can only record 5 MILES each day but you can definitely exercise more! Remember all activities must be continuous.

Mileage Equivalency Chart

Activity	Distance or Time	Equivalent Mileage
Basketball	20 minutes	1 mile
Bicycle (indoor or outdoor)	3 miles	1 mile
Calisthenics	15 minutes	1 mile
Chop wood (by hand)	15 minutes	1 mile
Climber/ bench step	10 minutes	1 mile
Cross-country ski (actual or machine)	10 minutes or $\frac{3}{4}$ mile	1 mile
Dance (aerobics)	15 minutes	1 mile
Dance (tap, modern, line, ballroom, ballet)	15 minutes	1 mile
Football	30 minutes	1 mile
Golf (9 holes) carry or pull clubs	20 minutes	1 mile
Health Rider-type of exercise	20 minutes	1 mile
Hockey (field, floor, etc.)	15 minutes	1 mile
Jog/run	1 mile	1 mile
Jump Rope	10 minutes	1 mile
Lacrosse	15 minutes	1 mile
Lawn mow, push (power)	20 minutes	1 mile
Lawn mow, self-propelled	25 minutes	1 mile
Martial Arts	10 minutes	1 mile
Racquet Sports (handball, tennis, etc)	15 minutes	1 mile
Rebound (basketball)	20 minutes	1 mile
Row, scull (actual or machine)	20 minutes	1 mile
Skate (ice, roller, in-line)	20 minutes	1 mile
Ski (downhill)	15 minutes	1 mile
Shovel	15 minutes	1 mile
Soccer	15 minutes	1 mile
Swim laps	15 minutes	1 mile
Trampoline	25 minutes	1 mile
Volleyball	25 minutes	1 mile
Walk	1 mile	1 mile
Weight Train (aerobically)	30 minutes	1 mile

Week 1

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 2

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 3

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Sheet Total _____

Week 3

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 4

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 5

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 6

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 7

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 8

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 9

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Week 10

Date	Activity	Time or Distance	Equivalent Mileage

Total mileage _____

Sheet Mileage Total (on both sides) _____