Spring Lake Park Fitness Challenge

NAME : _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

Hot To Calculate Your Progress

Biking 4 Miles = 1 SLP MILE

Walk/Jog/Run 1 Mile = 1 SLP MILE

Swimming 1 Mile = 4 SLP MILES

Personal Log Sheet **Use this form to reach your goals by tracking the dates, times, and miles you complete.**

DAY	DATE	TIME	REAL DISTANCE (IN MILES)	METHOD (Bike, Swim, Walk, Jog, Run)	SLP MILE(S) COMPLETED