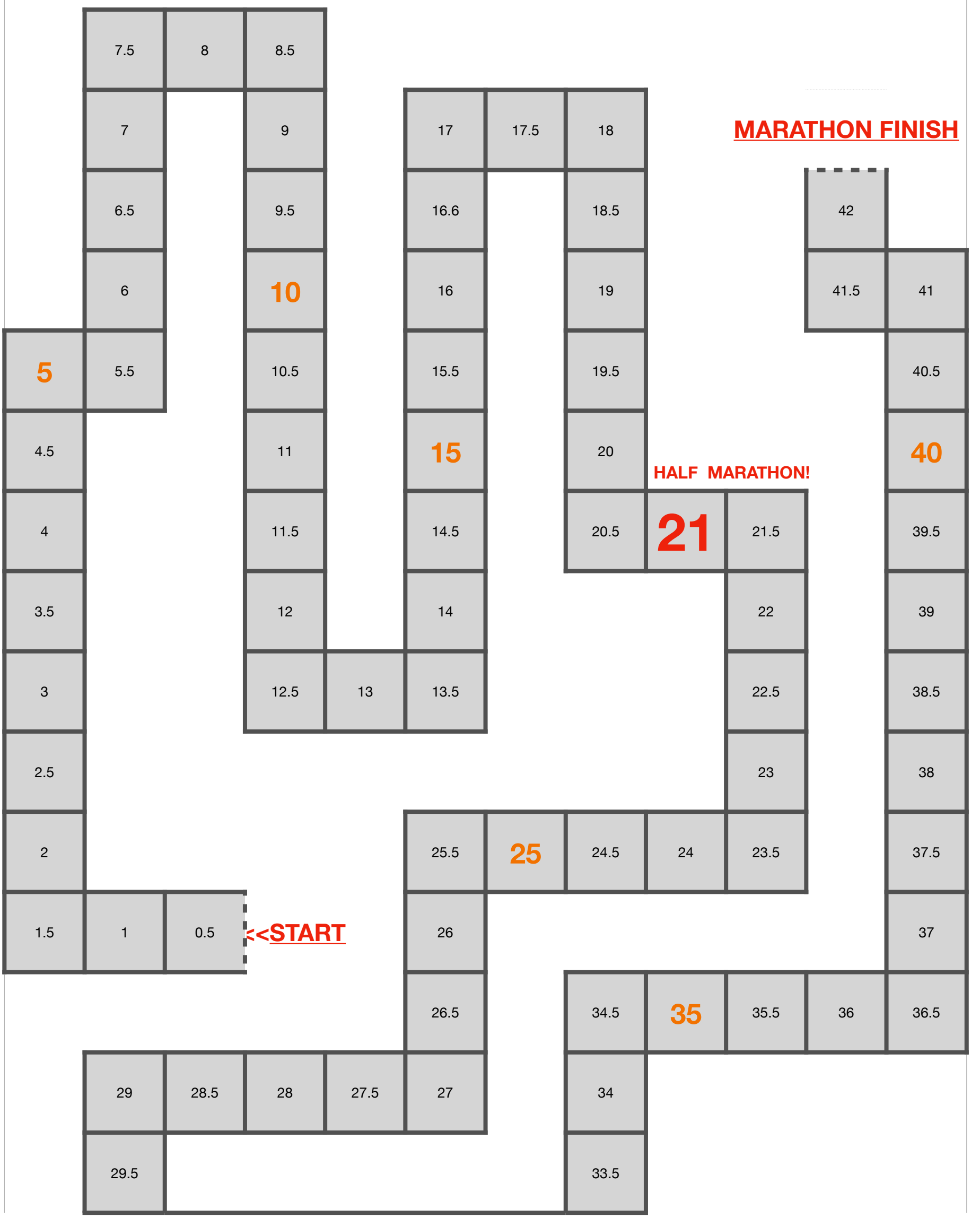
FINISH YOUR MARATHON - ACTIVITY LOG

6 Minutes of heart pumping physical activity = same as 0.5km running! *ACTIVITY IDEAS: jump rope, bike ride, obstacle course, soccer, tag*

Colour one square for every 6 minutes of physical activity and get to the marathon finish line!

NAME: ……. **DATE:** ……..



FINISH YOUR MARATHON - ACTIVITY LOG

30	30.5	31	31.5	32	32.5	33

www.morefun2run.com