

24 Hour Challenge Run – Log Sheet

Lundahl Physical Education

Name _____ Period _____ Grade _____

My goal is - _____

*These distances are the minimums, if you can do more then you're ahead of the game.

Health Students

Athletic physicals due this week.
 \$10 event fee due this week.

	Minimum Distance	Record Total Time-1st run	Record Total Time-2nd run	Record Total Time-3rd run	Parent Initials	Teachers Initials
Week 1 (April 9-15) Due Mon. the 16th	1/2 mile					
Week 2 (April 16-22) Due Mon. the 23rd	3/4 mile					
Week 3 (April 23-29) Due Mon. the 30th	1 mile					
Week 4 (April 30-May 6) Due Mon. the 7th	1 1/2 mile					
Week 5 (May 7-13) Due Mon. the 14th	2 miles					
Week 6 (May 14-20) Due Mon. the 21st	2 1/2 miles					
Week 7 (Tuesday 22nd) Due Wed. the 23rd	1 mile - 2x (Tuesday)					

Four Characteristics of Success: Willingness to Risk
 Commitment to Integrity
 Determined to Stand
 Sense of Passion

Tuesday H.R. turn-ins

1st	2nd	3rd
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*This sheet is to be brought back to Mr. Kaiser or Mrs. Johannesen *every Monday* to be checked off, (or the Friday before, to prevent being late).
Monday – PE students turn in during your PE class, Health students before homeroom in upper gym.
Tuesday – Anyone that forgot on Monday before homeroom in upper gym.
Anything after home room Tuesday or walking during your training are grounds for dismissal. You are allowed only 3 Tuesday morning turn ins! This is a running event – no walking during your training. You Can Do This!!! Good Luck !