

24 Hour Challenge Run – Log Sheet

Lundahl Physical Education

Name _____ Period _____ Grade _____

My goal is - _____

| | Minimum Distance | Record Total Time-1st run | Record Total Time-2nd run | Health Students Record Total Time-3rd run | Parent Initials | Teachers Initials |
|---|--------------------------|---------------------------|---------------------------|--|-----------------|-------------------|
| Week 1 (April 8-14) Due Mon. the 15th | 1/2 mile | | | | | |
| Week 2 (April 15-21) Due Mon. the 22nd | 3/4 mile | | | | | |
| Week 3 (April 22-28) Due Mon. the 29th | 1 mile | | | | | |
| 8to18 registration & athletic physicals are due at the end of Week 3 | | | | | | |
| Week 4 (April 29-May 5) Due Mon. the 8th | 1 1/2 miles | | | | | |
| Bring in the \$15 event fee during Week 4 | | | | | | |
| Week 5 (May 8-12) Due Mon. the 13th | 2 miles | | | | | |
| Week 6 (May 13-19) Due Mon. the 20th | 2 1/2 miles | | | | | |
| Week 7 (Tuesday 21st) Due Wed. the 22nd | 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 |
|-----|-----|-----|

*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 !

This is your second chance log sheet: Be responsible!
If you lose this sheet you will not be in the 24 Hour Run!