

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 7-12) Due Mon. the 13th	1/2 mile					
Week 2 (April 14-19) Due Mon. the 20th	3/4 mile					
Week 3 (April 21-26) Due Mon. the 27th	1 mile					
8to18 registration & athletic physicals are due at the end of Week 3						
Week 4 (April 28-May 3) Due Mon. the 4th	1 1/2 mile					
Bring in the \$15 event fee during Week 4						
Week 5 (May 5-10) Due Mon. the 11th	2 miles					
Week 6 (May 12-17) Due Mon. the 18th	2 1/2 miles					
Week 7 (Tuesday 19th) Due Wed. the 20th	1 mile - 2x (Tuesday)					

4 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 !