

# Cheetah Champs

## ACTIVITY LOG 1

5 minutes of heart-pumping exercise is the same as running a quarter-mile!

Color one square for every 5 minutes of physical activity.

Example:



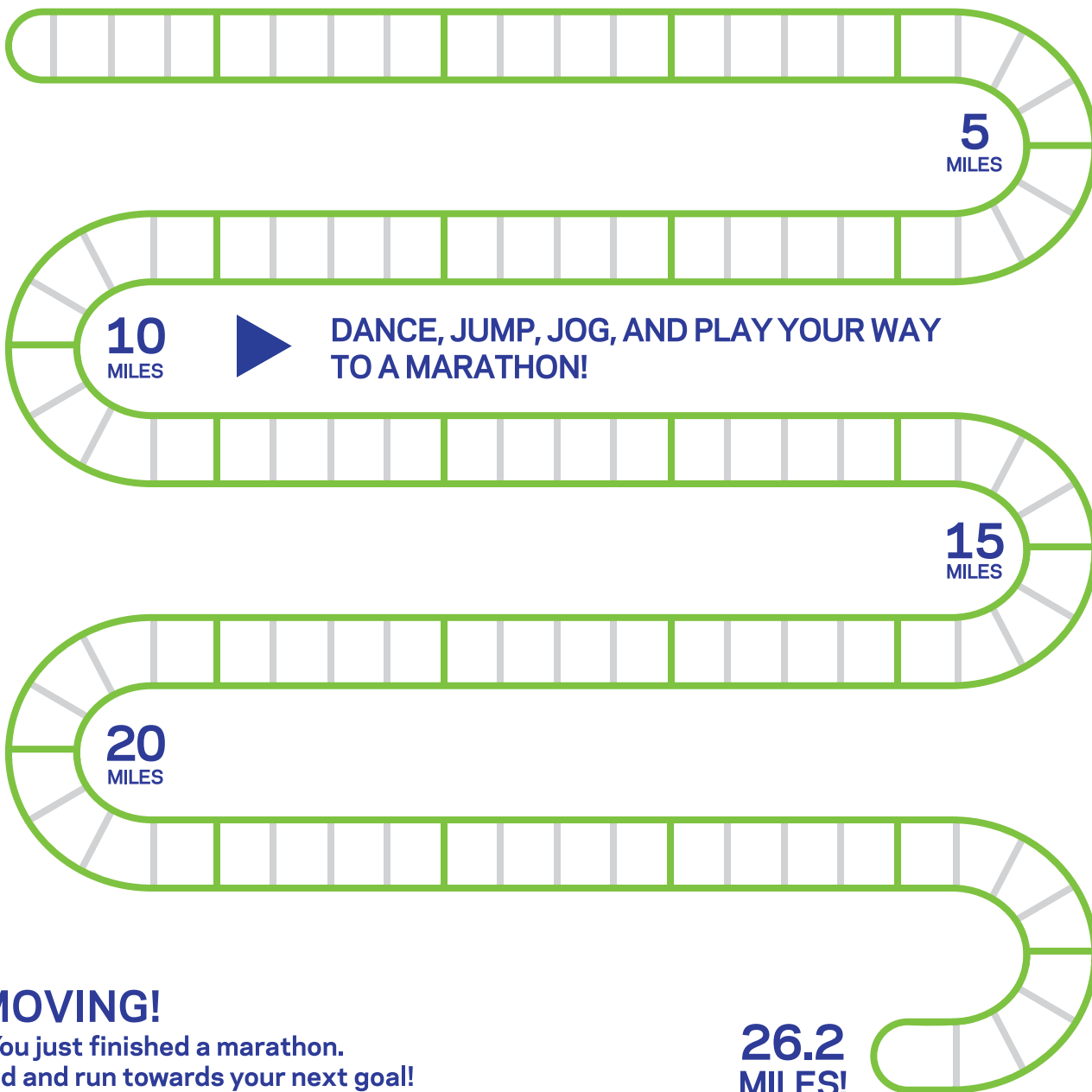
Athlete \_\_\_\_\_

Parent Signature \_\_\_\_\_

### ACTIVITY IDEAS:

- Walk the dog
- Jump rope
- Ride your bike
- Build an obstacle course
- Practice sports skills

**START**



**5 MILES**

**10 MILES** ▶ **DANCE, JUMP, JOG, AND PLAY YOUR WAY TO A MARATHON!**

**15 MILES**

**20 MILES**

**26.2 MILES!**

**KEEP MOVING!**

Way to go! You just finished a marathon.  
Stay focused and run towards your next goal!