

MARATHON KIDS

SUMMER

Weekly Challenges

WEEK 1

SET A MILEAGE GOAL FOR THE SUMMER?

HOW MANY MILES DO YOU THINK YOU CAN RUN BY JULY 26?
GOAL: _____

WEEK 2

TRY A NEW TYPE OF PHYSICAL ACTIVITY. TELL US ABOUT IT.

WEEK 3

ASK A FRIEND TO RUN WITH YOU!

WHO DID YOU INVITE TO RUN WITH YOU?

WEEK 4

TRACK YOUR PROGRESS?

HOW ARE YOU DOING ON YOUR SUMMER MILEAGE GOAL? ARE YOU ON TRACK TO MEET YOUR GOAL? IT'S NOT TOO LATE TO BUMP IT UP!
YES: ____ NO: ____

WEEK 5

YES I CAN!

CHALLENGE YOURSELF TO DO SOMETHING HARD, AND DO IT ANYWAY!

WHAT WAS IT? _____

WEEK 6

BUILD A HEALTHY PLATE PRACTICE FILLING YOUR PLATE WITH ALL 5 COMPONENTS OF MYPLATE DID YOU TRY SOMETHING NEW?

WEEK 7

MANAGE YOUR SCREEN FREE

MAKE A GOAL TO LIMIT YOUR SCREEN TIME. DID YOU ACCOMPLISH YOUR GOAL!

YES: ____ NO: ____

WEEK 8

HOW MANY MILES DID YOU RUN THIS SUMMER?

DID YOU ACCOMPLISH THE GOAL YOU SET IN WEEK #1?
TOTAL MILES: _____