

DELT SHARED SERVICES PRIMARY SCHOOLS CHALLENGE 2020



Weekly Miles Log

Name Class

The DELT Shared Services Primary Schools Challenge helps to promote a healthy and active lifestyle amongst local school children. The aim is for children to run 1 mile a week for 12 weeks and to finish the challenge by running 1.1 miles in Week 13.

You can use this form to log your miles and ask your teacher, parent or another trusted adult to sign it each time. When you have finished, you will have completed the same distance as a half marathon, a total of 13.1 miles!

	Date	Signature (Parent/ Teacher)		Date	Signature (Parent/ Teacher)		Date	Signature (Parent/ Teacher)
Week 1			Week 5			Week 9		
Week 2			Week 6			Week 10		
Week 3			Week 7			Week 11		
Week 4			Week 8			Week 12		

Well done! You have run a total of 12 miles now, 1 more week to go to complete the challenge...

	Date	Signature (Parent/ Teacher)
Week 13		



Congratulations!

**You have worked really hard to get this far and have now completed the
2020 DELT Shared Services Primary Schools Challenge. Well done!**

Why not ask a trusted adult to share your achievements with us on social media using the hashtag **#DELTschoolsChallenge2020**