



## PRE-RACE ACTIVITY TRACKER SHEET

STUDENT NAME \_\_\_\_\_

PARENT/TEACHER \_\_\_\_\_

FUNDRAISING GOAL: \$ \_\_\_\_\_

SCHOOL \_\_\_\_\_

Each circle equals 1 km or 30 minutes of an alternate activity. Colour in the circle, full kilometer or half a kilometer as you complete your training. Mark your activity and have it initialled by your parent or teacher. Run or walk 1km and fill in the circle. List your activities on the back of this sheet.

**Alternative exercises include:**

- Each km of cross country skiing
- 30 minutes of cardiovascular activity such as skating, soccer or hockey

Parent or Teacher's initials

Week 1		<input type="checkbox"/> 1 km	<input type="checkbox"/> 2 km	<input type="checkbox"/> 3 km
Week 2		<input type="checkbox"/> 4 km	<input type="checkbox"/> 5 km	<input type="checkbox"/> 6 km
Week 3		<input type="checkbox"/> 7 km	<input type="checkbox"/> 8 km	<input type="checkbox"/> 9 km
Week 4		<input type="checkbox"/> 10 km	<input type="checkbox"/> 11 km	<input type="checkbox"/> 12 km
Week 5		<input type="checkbox"/> 13 km	<input type="checkbox"/> 14 km	<input type="checkbox"/> 15 km
Week 6		<input type="checkbox"/> 16 km	<input type="checkbox"/> 17 km	<input type="checkbox"/> 18 km
Week 7		<input type="checkbox"/> 19 km	<input type="checkbox"/> 20 km	<input type="checkbox"/> 21 km

Parent or Teacher's initials

Week 8		<input type="checkbox"/> 22 km	<input type="checkbox"/> 23 km	<input type="checkbox"/> 24 km
Week 9		<input type="checkbox"/> 25 km	<input type="checkbox"/> 26 km	<input type="checkbox"/> 27 km
Week 10		<input type="checkbox"/> 28 km	<input type="checkbox"/> 29 km	<input type="checkbox"/> 30 km
Week 11		<input type="checkbox"/> 31 km	<input type="checkbox"/> 32 km	<input type="checkbox"/> 33 km
Week 12		<input type="checkbox"/> 34 km	<input type="checkbox"/> 35 km	<input type="checkbox"/> 36 km
Week 13		<input type="checkbox"/> 37 km	<input type="checkbox"/> 38 km	<input type="checkbox"/> 39 km
Week 14		<input type="checkbox"/> 40 km	<input type="checkbox"/> 41 km	<b>TOTAL: 42.195 km</b>



All donations benefit the Y Kids Academy – dedicated to improving the health of children in our community

**Sunday, May 27, 2012 - Y Kids Marathon, 1.195 km**

### You can also fundraise online!

Visit [www.runfortheY.ca](http://www.runfortheY.ca) to create your personal fundraising web page!  
For more information contact 613.237.1320 ext. 5128 or [info@runfortheY.ca](mailto:info@runfortheY.ca)