

# YOUR ACTIVITY TRACKER SHEET



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

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

SCHOOL \_\_\_\_\_

Each circle equals 1 km of running or run-walking or 30 minutes of an alternate activity. Colour in the circle, full kilometre or half a kilometre as you complete your training.

Alternative exercises include:

- 30 minutes of cardiovascular activity such as cycling, rollerblading, swimming

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

	<input type="radio"/> 22 km	<input type="radio"/> 23 km	<input type="radio"/> 24 km
	<input type="radio"/> 25 km	<input type="radio"/> 26 km	<input type="radio"/> 27 km
	<input type="radio"/> 28 km	<input type="radio"/> 29 km	<input type="radio"/> 30 km
	<input type="radio"/> 31 km	<input type="radio"/> 32 km	<input type="radio"/> 33 km
	<input type="radio"/> 34 km	<input type="radio"/> 35 km	<input type="radio"/> 36 km
	<input type="radio"/> 37 km	<input type="radio"/> 38 km	<input type="radio"/> 39 km
	<input type="radio"/> 40 km	<input type="radio"/> 41 km	<input type="radio"/> 42.2 km

Scotiabank Ottawa Kids Marathon FINISHER!



For more information  
visit: [www.runottawa.ca](http://www.runottawa.ca)