# MILES for Gold TRACKER

|  | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|---|
| **Week 1** | | | | ♥ | ♥ | ♥ | ♥ |
| **Week 2** | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 |
| **Week 3** | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ |
| **Week 4** | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 | 🦋 |
| **Week 5** | ♥ | ♥ | ♥ | ♥ | ♥ | | |

# Total Miles

Log your number of miles for each day.
10 minutes of non walking/running = 1 mile.
Share your progress on social media with #MilesForGold.
There will be prizes awarded for the team that raises the most and for the person that logs the most miles.