Ft. Drum *Walk to Afghanistan* Exercise Log

Mileage should be rounded to the nearest tenth of a mile. Logs must be turned in to Monti Physical Fitness Center.

15 minutes of aerobics class = 1 mile.

DATE	DISTANCE	DATE	DISTANCE	DATE	DISTANCE	DATE	DISTANCE
Column total:		**Column total:**		**Column total:**		**Page total:**	

Name _____

Team Name _____

E-mail address _____