

Kids Are Moving!

Can You Complete a Half Marathon? That's 13.1 miles! You Can Do It!
This mileage chart will help you track your miles. Color in one shoe print for every 1/4 mile that you run or walk - four shoe prints equal one mile!



Take photos of your workouts and this chart, and post them on Fleet Feet's Facebook pages!
Keep an eye out for fun things you might see on your run like sidewalk chalk drawings, animals, or other fun things!
Stay moving, stay healthy, and most importantly, have fun!

