



PERSONAL PROGRESS 100 MILE CLUB CHART

NAME _____

For each mile you run or walk,
color a box or write the date earned.
Have fun and enjoy every step!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25 WOOHOO!	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50 KEEP GOING!
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75 ALMOST THERE!	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100! YOU DID IT! YAY YOU!

I certify that my child has completed the miles marked above.

PARENT SIGNATURE _____

DATE _____