



**Pillar**  
F I T N E S S

**Harbor**

# MILES FOR MENTAL HEALTH

## MILE LOG FORM

NAME: \_\_\_\_\_

The Pillar Fitness Miles for Mental Health challenge will start on February 1, 2021 and will run until March 31, 2021. You will have 2 months to collect as many points as possible by logging the miles you run, row, bike, or ski. Points will be collected based on the following scale: **1 point if you complete any of the following...1 mile run, 1000m ski, 2000m row, or 3000m bike or 1/2 point for 800m run, 500m ski, 1000m row, 1500m bike** (1 point is a \$1 donation and 1/2 points are worth \$.50). Only 1/2 or Full points will be counted. (So you must complete the distance listed for either). Miles can be completed both inside and outside of the gym. Non members are welcome to participate. For miles logged at the gym you must have a coach initial your log sheet. For miles outside of the gym you must provide photo proof (picture of an app that shows the distance covered ex. map my run, or photo of the cardio machine screen). Members may include distance logged during regular class workouts. All proceed benefit Harbor.

#	DATE	ACTIVITY	DISTANCE	POINTS	PLEDGES EARNED
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					
<b>TOTALS</b>					

Complete all your miles and return this form to Pillar Fitness by April 1st.

**THANK YOU FOR YOUR SUPPORT! YOU'VE GOT THIS!**