

Personal Fitness Programme

This is your personal fitness log where you can keep a record of the activities you participate in to improve your fitness level.

Activities may include:

- school training
- weekend team training
- training and participation at sporting events
- personal training by walking, running, swimming or cycling.

All records have to be in amounts of at least 100 metre intervals (0.1 km) Also, Swimming distances count as double and Cycling distances count as half for record purposes. (ie A 150 m swim counts as 300m or a 500m cycle counts as 250m)

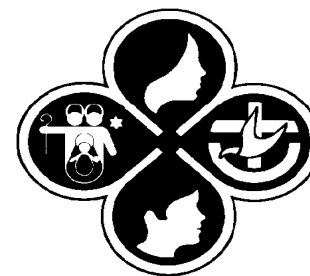
The challenge is to **RUN to MURRAY BRIDGE**
(and Back).

Distances travelled will accumulate to reach various targets on the road to Murray Bridge:

- ★ 10km
- ★ 25km
- ★ 50km
- ★ 75km – You have reached Murray Bridge!
- ★ 100km
- ★ 125km
- ★ 150km

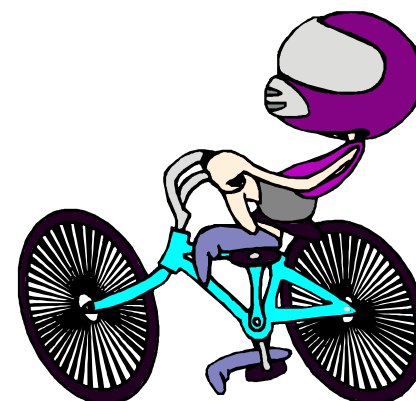
CERTIFICATES of ACHIEVEMENT will be presented to you at school assemblies when you reach each of these milestones.

Will you make it to Murray Bridge (and back)
before September?



Aberfoyle Park Primary School Campus

**Pedal Prix Team
2011**



This

**Personal Fitness Log Book
Belongs to**
