

Kit's Club isn't just for running! There are plenty of other fun ways to move your body. Use this conversion chart to convert your non-running/walking activities to miles! You'll track your miles in this logbook. Here's an example:

**WEEK 1**

**SUN**

Activity Completed:  
Running + walking  
  
= 2 miles

**MON**

Activity Completed:  
Soccer- 30 min.  
  
= 2 miles

ACTIVITY	TIME	MILEAGE EQUIVALENT
Baseball/Softball	30 min.	1.25 miles
Basketball	30 min.	1.5 miles
Biking	30 min.	1.5 miles
Bowling	35 min.	1 mile
Dance	30 min.	1 mile
Golf	30 min.	1 mile
Martial Arts	30 min.	2.5 miles
Roller Blading	30 min.	2.25 miles
Soccer	30 min.	2 miles
Swimming	30 min.	1.25 miles
Tennis	30 min.	1.5 miles
Volleyball	40 min.	1.25 miles
Jump Rope	30 min.	2 miles
Football	30 min.	2.25 miles
Wrestling	20 min.	1 mile
Yoga	20 min.	0.5 miles
Cheerleading	25 min.	1 mile
Trampolining	30 min.	1 mile
Misc. Continuous Movement	30 min.	1 mile

