



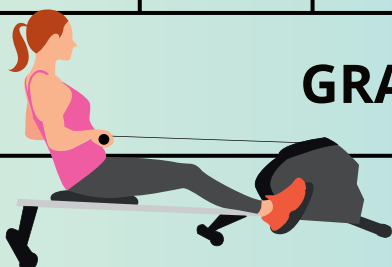
100 Miles in 100 Days

Walk, Run, Hike, Bike, Swim, Row, Paddle

NAME: _____



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1/1-1/7								
1/8-1/14								
1/15-1/21								
1/22-1/28								
1/29-2/4								
2/5-2/11								
2/12-2/18								
2/19-2/25								
2/26-3/3								
3/4-3/10								
3/11-3/17								
3/18-3/24								
3/25-3/31								
4/1-4/7								
4/8-4/9			XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	
GRAND TOTAL IN 100 DAYS								



100- Mile Challenge Info

Q: What is the purpose of this challenge?

A: The goal is to complete one mile every day for 100 days in an effort to encourage movement in your daily life. Spreading the challenge across 100 days facilitates habit building as you find fun ways to get yourself moving.

Q: Who can join the challenge?

A: Anyone! The challenge is open to members and guests of all fitness levels, so grab your friends or family members and invite them to join you in kicking off the new year!

Q: How do I join the challenge?

A: You can register and pick up the mileage tracker in person at Synergy Fitness, or you can sign up using the Synergy Fitness for Her app. The cost is \$5 for members and \$10 for guests.

On the app, under the retail section select 100-Miles (choose member or guest) to register. Trackers purchased digitally will be emailed 12/31.

Additionally, if you want to track and show off your progress for a little fun and friendly competition against other challenge members, you can join the “*Synergy Fitness for Her - 100 Miles Challenge Club*” on the Strava app. Please note, the group will not be open in Strava until 1/1. All participants will receive an email on 12/31 outlining the details.

Q: What exercises count?

A: Anything measured by distance that makes you break a sweat: hiking, biking, walking, running, rowing, kayaking, canoeing, stair climbing, etc.

Devices that do the work for you are not permitted, so please leave your scooters, skateboards, electric bicycles, segways, electric unicycles, etc. at home.

Q: How do I complete the challenge?

A: You must finish a minimum of 100 miles within the 100 days, and you must record activity on at least 80 of the days. Additionally, participants cannot exceed an inactive period of four days in a row.

Q: Can I log more than 100 miles?

A: Absolutely! Feel free to complete as many extra miles as you like. Avoid completing a handful of longer bike rides, runs, etc. at the beginning just to be done with the challenge as quickly as possible.

Q: How do I use the tracker?

A: In each daily box of the tracker, record your mileage for the day as well as the mode, using the below mode key. You are allowed to split up your mileage throughout the day. For example, a 1/2 mile walk in the morning and another 1/2 mile walk in the afternoon equals one mile for the day.

W=walk, RU=run, H=hike, B=bicycle, SB=stationary bike, S=swim, RO=row, P=Paddle, O=other

Q: What do I do at the end of the challenge?

A: Turn in your mileage tracker by 7:00 pm Monday 4/15 to be entered into the grand prize drawing!

You can turn it in to any staff member at Synergy Fitness for Her (don't forget to put your name at the top!), or via email to info@synergyfitnessforher.com.