

RACE/EVENT TRAINING LOG

NAME	PHONE #
E-MAIL	

**Please fill out the section below for wellness points.* Race must be between January 1st and December 31st

5K Walk/Jog/Race or Tougher Mudder: 1 point

10K Race or 30 mile Bike Race: 2 points

Half Marathon Race or 50 mile Bike Race or Sprint Triathlon: 3 points

Full Marathon Race or 100 mile Bike Race or Olympic Distance Triathlon: 4 points

Half Ironman or Full Ironman: 5 points

*Bib number and registration form or 2 month training exercise leading up to the race required for verification

EVENT	DATE
EVENT	DATE

Month 1			Month 2		
Date	Type of Exercise	Minutes	Date	Type of Exercise	Minutes
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I certify that the above information is correct.

_ Signature

_ Date