



LOG SHEET

First Name: _____ Last Name: _____

Phone #: _____ Email: _____

Start Date: _____ End Date: _____

RULES

- You must accumulate all of the miles and or classes within one year of the start date.
- To receive your prize, you must complete this card and submit it to a member of the fitness staff.
- Once you complete one level you will start over at zero for the next level. Levels already completed can't be repeated until the maximum level in that activity has been completed.
- Multiple Activities can be recorded separately on your log sheet.
- Please annotate any lapse in activity ie: deployment, extended leave, medical issues.

PRIZES

- 200 mile run/600 mile bike/20 mile swim/70 classes
> insulated water bottle
- 500 mile run/1500 mile bike/40 mile swim/150 classes
> dry-fit shirt
- 800 mile run/2400 mile bike/60 mile swim/300 classes
> hooded sweatshirt



Staff Signature



First Name: _____ Last Name: _____

Phone #: _____ Email: _____

Start Date: _____ End Date: _____

ACTIVITY: _____ **GOAL:** _____

TOTAL: _____