Note to parents: It is required that your child complete the workout as stated below. Alternative workouts will not be accepted! (e.g. a basketball game, biking, etc.) As workouts progress, your child may be required to run/jog specific distances. You can help them train by driving off required distances/routes with your car and using your odometer, or simply driving them to DMS so that they might use the track. (Remember, 4 laps equals one mile!) Running on a treadmill is another great way to train! Remember to stretch before and after each workout.

THIS LOG IS DUE WEDNESDAY, SEPTEMBER 13th BY 4PM! IF A LOG IS TURNED IN LATE IT MUST BE TURNED IN BEFORE 4PM ON FRIDAY OF THE SAME WEEK.

Participant Name ____________________________ Teacher’s Name ____________ Hour________

Week #4 – September 6th - September 12th

Jog easy for 1.5 miles (6 laps on track) without walking.

Parent/Legal Guardian Signature (only if workouts were completed!)

Date of first workout __________ Parent Signature _____________________________

Jog easy for 1.75 miles (7 laps on track) without walking.

Parent/Legal Guardian Signature (only if workouts were completed!)

Date of second workout __________ Parent Signature _____________________________

Jog easy for 2 miles (8 laps on track) without walking.

Parent/Legal Guardian Signature (only if workouts were completed!)

Date of third workout __________ Parent Signature _____________________________

It is still your responsibility to get your log turned in on the day that it is due DESPITE illnesses, absences, printer/computer/fax and/or internet problems. While you may choose to email or fax your log please know that technology is not always reliable and this method should be avoided if possible, as we will not be able to make exceptions under such circumstances. The preferred and safest method of turning in your log is to personally hand your log to your PE teacher.

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"Running is the greatest metaphor for life, because you get out of it what you put into it." – Oprah Winfrey