



Name: _____

May Bike Everywhere Challenge

Ride your bike wherever you can throughout May and use this log to track your rides.

For each 5 days that you ride at least 4 miles per day, you will get 5 Health Yourself points. Return this log to Jess Brown in HR by June 5th to qualify for points and prizes.

Date	Rides	Total Daily Distance
5/1		
5/2		
5/3		
5/4		
5/5		
5/6		
5/7		
5/8		
5/9		
5/10		
5/11		
5/12		
5/13		
5/14		
5/15		
5/16		
5/17		
5/18		
5/19		
5/20		
5/21		
5/22		
5/23		
5/24		
5/25		
5/26		
5/27		
5/28		
5/29		
5/30		
5/31		
Total # of days in May with 4 miles or more		