**Winter Break BIKING Assignment: Due January 3rd, 2019**

**\*\*only for approved bikers/walkers\*\***

**Name Period Teacher**

Requirements: **\*\*All components MUST be included to even get credit!!**

 /15 points --- 4 hours of walking/biking log --Can break it up however you want but nothing less than 20min spans

---Any of this can be done biking

 ---Only 1 hour may be on a treadmill

 /10 points-----At least 1 walk needs to be with a family member

 /15 points ------Map of all of the walks—

 /5 points----- Goal

 /5 points--- Parent Signature

 **/50 points**---**TOTAL**

\*\*this whole packet will be stapled together in this order and turned in hardcopy on the due date

\*\*if for whatever reason your printer “is having issues”, you will be needing to find an alternative way to get this turned in by the due date

walking LOG- use more rows if needed

|  |  |  |  |
| --- | --- | --- | --- |
| **DATE OF WALK** | **DISTANCE OF WALK (put exact distance)** | **TIME (put exact time)** | Which family member did you walk with? **Get their signature here too**. |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |

Insert Maps of walks here— (should be multiple maps; do different run routes so it’s easier to see that you did them)

**To map runs use either**

**Google Maps:**

1. use google maps to track your run if you have a google account or create one-
2. If you need help creating a map click below and scroll about halfway down the page.

<http://barefootrunnerslife.com/how-to-use-google-maps-to-plot-running-route/>

1. Either copy your map into THIS word document

**MAP MY RUN**

[www.mapmyrun.com-](http://www.mapmyrun.com-)

1. You will need to create an account- it is free
2. Trace your route and either print and copy it or copy a “print screen” into a word document

\*For smart phones- download the app and take your phone with you to track your data <http://www.mapmyrun.com/imapmy/>

Parent Signature- see below

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period/Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have completed 4 hours of walking and/or biking during this winter break. At least 1 walk has been with a family member. I have MAPPED my walks on the document. Also, I have turned in my SMARTER Goal for the 5k.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SMART GOAL—Using your goal time (50:00) that you have set for the final (biking 10miles) please answer the following questions…

1. When will you be completing your walking/biking final? Have you set up a time with your teacher?

2. What are some things you can do to make sure you get your goal time?

3. Do you feel that this is a reasonable goal time for you? How so?