

FITNESS



MY FITNESS TRACKER

FITNESS FUN FOR THE WHOLE FAMILY

THIS TRACKER
BELONGS TO:

Tracker Start Date:

Age:

Weight:

Height:

*"There is no giant
step to reach your
goals, only a lot of
little ones."*



MILES4MENTORS
www.miles4mentors.org



Using This Tracker

MAKING YOUR WORKOUTS WORK FOR YOU

Welcome to the Miles 4 Mentors Fitness Tracker!

This fun and engaging tool is designed to help kids and families stay active and healthy together. By tracking your physical activities, you can set goals, monitor progress, and celebrate achievements. Our fitness tracker is a great way to foster a love for running and physical fitness, aligning perfectly with our mission to provide children with the resources they need to participate in youth sports and activities. Make fitness a family affair and enjoy the journey to a healthier lifestyle!

To get the most out of your Miles 4 Mentors Fitness Tracker, **start by setting clear and achievable goals** with your family. Use the tracker to log daily activities, whether it's a fun game of tag, a bike ride, or a quick session of jumping jacks. Encourage kids to try different workouts from the list provided and mark their progress to build a routine.

Remember to incorporate the fitness safety tips and hydration guidelines to ensure a safe and enjoyable experience. Use the callouts for motivation and to learn interesting fitness facts along the way. By making fitness a fun and regular part of your family's routine, you'll be fostering healthy habits that can last a lifetime. Happy fitness!

"Nothing Will Work Unless You Do."





It Starts With Safety

KEEP YOURSELF AND OTHERS SAFE

Keep It Fun and Get Home Safely.

Running is a fantastic way for kids to stay active and healthy, but it's important to prioritize safety to ensure a positive experience.

Encourage children to run in safe, well-lit areas and always be aware of their surroundings. Proper hydration, wearing appropriate footwear, and warming up before running are essential steps to prevent injuries. Additionally, teaching kids to listen to their bodies and rest when needed helps them enjoy running while staying safe. By following these safety guidelines, kids can develop a lifelong love for fitness in a safe and enjoyable manner.

"Nothing truly great comes from a comfort zone."

Warm-Up and Cool-Down

Always start with a warm-up and end with a cool-down to prevent injuries.



Dress for Success

Be sure to wear appropriate clothing for the weather, use sun screen, and dress in layers.

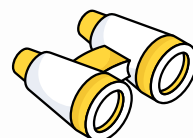


Stay Hydrated

Drink plenty of water before, during, and after exercise even if you don't feel thirsty.

Have Adult Supervision

Always have an adult nearby when trying new activities or using equipment.



Use Proper Equipment

Make sure you have the right gear, like well-fitting shoes and protective gear in good condition.



Have a Safe Environment

Ensure the area is safe and free from hazards. Look for obstacles that could trip you up.



Listen to Your Body

If something hurts, stop and rest. Don't push through pain and have any injuries checked out.

Use Proper Technique

Learn the correct form for exercises to avoid injuries. Take your time and learn them first.



Stay Visible

If you're exercising outside, wear bright colors or reflective gear. Run on the right side of the road.



Rest and Have Fun!

Give your body time to recover between workouts, enjoy it, and make it a fun daily routine.



Be SMART

Setting goals is a powerful way to motivate kids and keep them engaged in their fitness journey. By establishing clear, achievable objectives, children can track their progress and celebrate their successes. Whether it's aiming to complete a certain number of jumping jacks, running a specific distance, or mastering a new skill, goal-setting helps kids stay focused and driven. Encourage them to set both short-term and long-term goals, making the process fun and rewarding. This approach not only builds confidence but also fosters a lifelong love for staying active and healthy.

My goals:

[illegible]

“Set Goals. Crush Goals. Repeat.”

SMART Goals Are:

The acronym “SMART” can be a helpful tool in setting goals that you can reach.

- 
- Specific**
- Measurable**
- Achievable**
- Realistic**
- Timely**





Limitless Activities

BE CREATIVE WITH YOUR FITNESS

So Much To Do...

Keeping kids active and engaged is essential for their physical and mental well-being. This list of activities is designed to make fitness fun and accessible for the whole family. From schoolyard games to creative challenges, these activities promote teamwork, coordination, and a love for staying active. Encourage kids to explore different exercises and find the ones they enjoy the most, making fitness a joyful part of their daily routine.



Jumping Jacks
Push-Ups
Sit-Ups/Crunches
Lunges/Planks



Walking
Hiking
Balance Beam
Hopscotch

***"What Works for
Others May Not Work
for You. Pave Your
Own Path."***



Dancing
Hula Hooping
Jump Roping
Obstacle Course



Baseball
Basketball
Football
Soccer



Biking
Swimming
Gymnastics
Volleyball



Red Rover
Kickball
Freeze Tag
Duck Duck



Yoga Poses
Stretches
Animal Walks
Martial Arts



Gardening
Canoeing
Skating
Golf

My Favorites:

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Play Fitness Bingo!

MAKE FITNESS FUN!

Can You Make a Line? Can You Get a Blackout?

Making fitness fun is a great way to keep kids engaged. Use this to play Fitness Bingo with your family and make a game of it. Be sure to set goals like finishing a row in a week or completing them all.

Use Your Tracker	Climb a Hill	Go for a Swim	Play Soccer	Take a Walk
Ride a Bike	25 Jumping Jacks	Do Yoga	Learn a Dance	Run in the Woods
20 Push-Ups	Work in the Yard	★ SET GOALS	Workout with Someone	20 Sit-Ups
Race a Friend	Try a New Sport	Drink 5-7 Glasses of Water	Use Weights	Run 1 Mile
Play at the Park	Go for a Hike	Learn Fitness Safety	Take a Rest Day	Clean Your Gear

What Else Could You Add?

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BINGO!

"Pay attention to your thoughts and avoid negative self-talk."



Track Your Fitness

KNOW WHERE YOU'VE BEEN

It Only Works If You Use It.

Use the following chart to track your fitness activity. Be consistent, but not hard on yourself, and use it to motivate and energize you to keep pushing forward. Feel free to make copies as you progress.

	SUN	MON	TUE	WED	THU	FRI	SAT
WHEN							
WHAT							
WHERE							
HOW MUCH							
HOW IT FELT							
GOAL/MET?							

	SUN	MON	TUE	WED	THU	FRI	SAT
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GOAL/MET?							

"Push Harder Than Yesterday If You Want a Different Tomorrow."



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WHEN							
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	SUN	MON	TUE	WED	THU	FRI	SAT
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	SUN	MON	TUE	WED	THU	FRI	SAT
WHEN							
WHAT							
WHERE							
HOW MUCH							
HOW IT FELT							
GOAL/MET?							



Keep Moving Forward

THE FITNESS JOURNEY IS NEVER OVER

The Journey Is Just Beginning...

We hope this tracker is a helpful tool to engage your kids in physical activity. We hope the ideas are both fun and rewarding for kids and families. By staying active and tracking your progress, you've taken important steps towards a healthier lifestyle. Remember, fitness is not just about reaching a goal, but enjoying the process and making it a part of your daily routine. Keep exploring new activities, setting new goals, and most importantly, having fun along the way! Have questions, just reach out and contact us!

So, Just Keep Going!

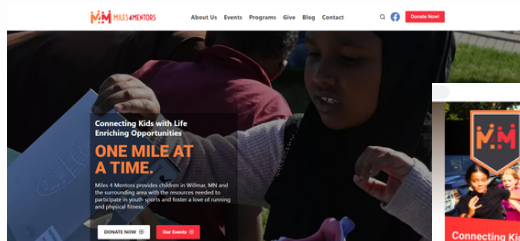
For more information about our exciting Fun Run Events and other programs visit us at www.miles4mentors.org. If you are interested in supporting Miles 4 Mentors financially or would like to volunteer, please let us know, and thank you for joining us in our mission to foster a lifelong love of fitness and providing children with the resources they need to participate in youth sports and activities. Let's continue this journey together and make fitness a fun and integral part of our day.

"Fitness is not about being better than someone else; it's about being better than you used to be."

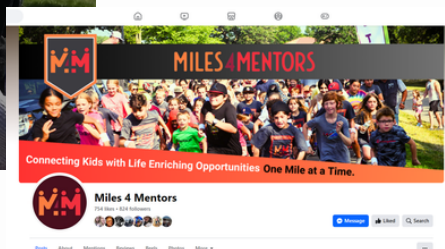
My Milestones:

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