

**Rec Miler Calendar Month:** \_\_\_\_\_

**DO NOT TURN IN THIS FORM TO REC SERVICES! See below...**

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	<b>WEEK 1</b>
	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	
	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	
	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	
	Day's Total : _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	
2	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	<b>WEEK 2</b>
	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	
	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	
	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	
	Day's Total : _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	
3	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	<b>WEEK 3</b>
	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	
	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	
	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	
	Day's Total : _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	
4	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	<b>WEEK 4</b>
	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	
	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	
	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	
	Day's Total : _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	
5	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____	<b>WEEK 5</b>
	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	Water: □□□□□□□□	
	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	Fruits/Vegs □□□□□	
	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	Activity Miles: _____	
	Day's Total : _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	Day's Total: _____	

**REC MILERS CONVERSION CHART**

Activity	Unit of Measure	Rec Miles	Activity	Unit of Measure	Rec Miles	Activity	Unit of Measure	Rec Miles
Basketball	60 minutes	3 miles	Jump Rope	10 minutes	1 mile	Tennis	60 minutes	2 miles
Bike/Stationary Bike	15 minutes	1 mile	Racquetball/Squash	60 minutes	3 miles	Volleyball	60 minutes	1 mile
Cross Country Skiing	60 minutes	3 miles	Rollerblading	15 minutes	1 mile	Weightlifting	60 minutes	1 mile
Fitness Class	15 minutes	1 mile	Soccer	60 minutes	3 miles			
Golf (not using cart)	9 holes	1 mile	Step Machine	10 minutes	1 mile	Water	1 – 8 oz. glasses	¼ mile (.25)
Jog/Run/Walk	1 mile	1 mile	Swim	10 minutes	1 mile	Fruits/Vegetables	1 – ½ cup serving	½ mile (.5)

**PLEASE SUBMIT EACH MONTH'S TOTAL MILEAGE ON A "Rec Miler Progress Slip"**