



GYM for HEROES
Heroes helping each other



GYM FOR HEROES DISTANCE LOGGING SHEET

Should you wish track how far you have covered it may be worth using this sheet as some of the cardio machines actually reset themselves to zero once certain targets have been reached; 1 hour activity, 1000 calories etc.

3 Hour Individual Challenge

Name: _____

Event	Time	Distance	Running Total
ROW	Start – 30 minutes		
	30 – 1 hour		
BIKE	1 – 1.5 hours		
	1.5 – 2 hours		
RUN	2 – 2.5 hours		
	2.5 – 3 hours		

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