



**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.




### **12 Hour Team Challenge**

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

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

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

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

Event	Time	Distance	Running Total
<b>ROW</b> 	Start – 30 minutes		
	30 – 1 hour		
	1 – 1.5 hours		
	1.5 – 2 hours		
	2 – 2.5 hours		
	2.5 – 3 hours		
	3 – 3.5 hours		
	3.5 – 4 hours		
<b>BIKE</b> 	4 – 4.5 hours		
	4.5 – 5 hours		
	5 – 5.5 hours		
	5.5 – 6 hours		
	6 – 6.5 hours		
	6.5 – 7 hours		
	7 – 7.5 hours		
	7.5 – 8 hours		
<b>RUN</b> 	8 – 8.5 hours		
	8.5 – 9 hours		
	9 – 9.5 hours		
	9.5 – 10 hours		
	10 – 10.5 hours		
	10.5 – 11 hours		
	11 – 11.5 hours		
	11.5 – 12 hours		

[enquiries@gymforheroes.co.uk](mailto:enquiries@gymforheroes.co.uk)  
<http://www.gymforheroes.co.uk>  
<http://www.twitter.com/gymforheroes>  
[www.bmycharity.com/gymforheroes](http://www.bmycharity.com/gymforheroes)

