



Name: \_\_\_\_\_ School: \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_

Wk #	Date	Under each day of the week, enter distance walked/run in miles. If you're not sure, 15 minutes of exercise will count as 1 mile!							Initial	Total
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	Week of March 8th-14th									
2	Week of March 15th-21st									
3	Week of March 22nd-28th									
4	Week of March 29th-Apr4									
5	Week of April 5th-11th									
6	Week of April 12th-18th									
7	Week of April 19th-25th									
8	Week of Apr 26th-May2nd									
9	Week of May 3rd-9th									
10	Week of May 10th-16th									
11	Week of May 17th-23rd									
12	Week of May 24-30th									

- As part of the "Action for Distraction 5K Family Fun Run/Walk" that is happening on May 31st, 2015 to raise money for Goryeb Children's Hospital in Morristown, Kid-FIT is sponsoring an event to encourage kids to get up and exercise! If you decide to participate, you will have 12 weeks to **complete a full marathon!** Now, don't panic ... you don't have to run all 26.2 miles at once ... in fact, you don't have to run at all! This log will help you keep track of the mileage you do over the coming months ... whether you run it all, walk it, crawl or skip!! You can record how much you've done on your treadmill, taking your dog for a walk, or going out for a hike with your family! If you're not sure how far you've gone, you can estimate 15 minutes of exercise as a mile.
- The first thing you need to do is register for the event at [www.ActionForDistraction.com](http://www.ActionForDistraction.com). Your School is eligible for a \$500 reward from Kid-FIT if they get the most participants, so **MAKE SURE YOU INCLUDE YOUR SCHOOL ON THE REGISTRATION!!!** The cost is \$25 to register for the 5K, and participation in the Kids Action Marathon is FREE with your registration! Remember, all proceeds benefit Goryeb Children's Hospital. Our first two events, which came together because of an idea and some hard work from 10-year-old Zach Rice of Long Valley, raised over \$40,000. With it, we were able to purchase things to distract kids from their pain while in the hospital, including gaming systems for every room for kids who can't get out of bed, like Zach himself when he spent time there for a septic hip infection and subsequent Avascular Necrosis! Now 12-years-old and a 7th grader at Long Valley Middle School, Zach's teamed up once again this year with Kids4Kids at The Foundation for Morristown Medical Center to put together this amazing charity event, and we need your help to make it as successful as possible!
- Once you're registered, please have an adult help you fill out your exercise log. It'll be their responsibility to initial what you've done each week.
- Your goal is to finish 23.1 miles before the "Action for Distraction 5K" on May 31st. There, you will join up with your peers to run/walk your last 3.1 miles to complete your full marathon and receive your well-deserved **Finisher's Medal!**
- Can't come? DON'T WORRY!!! Even if you can't attend the "Action for Distraction 5K" on May 31st, you can still participate!!! Just finish all 26.2 miles on your own, and mail your form in to 475 South Street, Morristown, NJ 07962-1295. Your award will be sent to you for you to celebrate your achievement!
- You don't have to do the Kids Action Marathon to participate in the 5K, either! You can simply come out the day of the event to take place in 3.1 miles of fun then!

