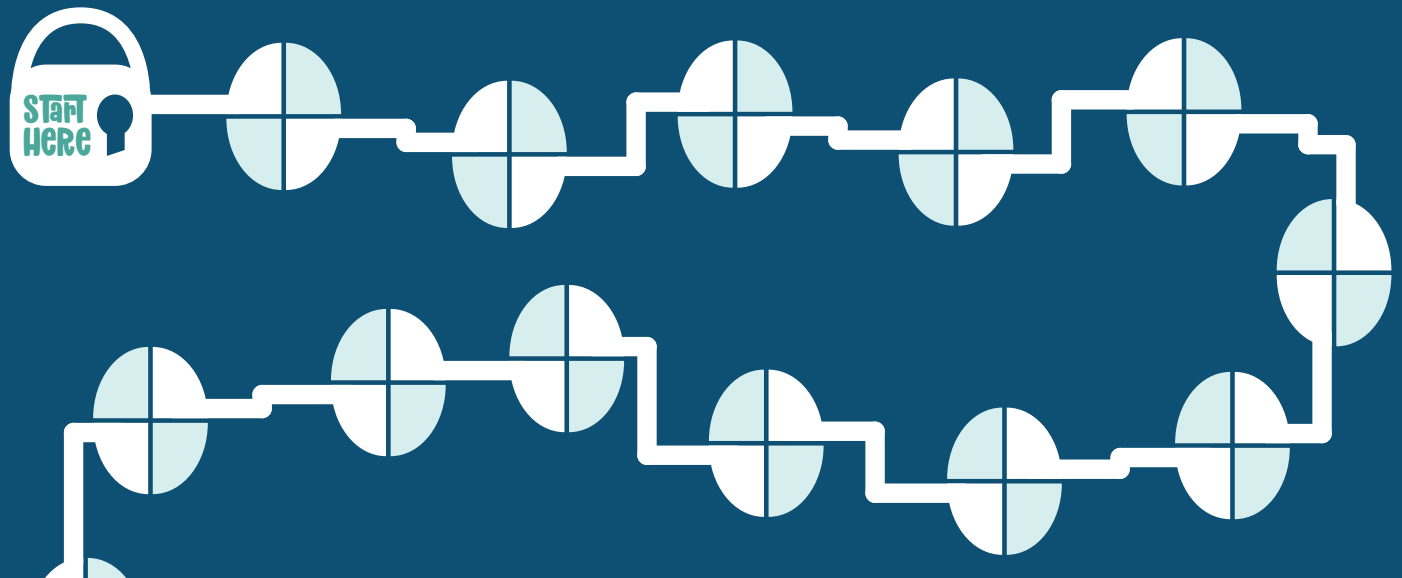
Name:_____

Date Started:_____

Date Completed:_____

Walk to Unlock
Nebraska

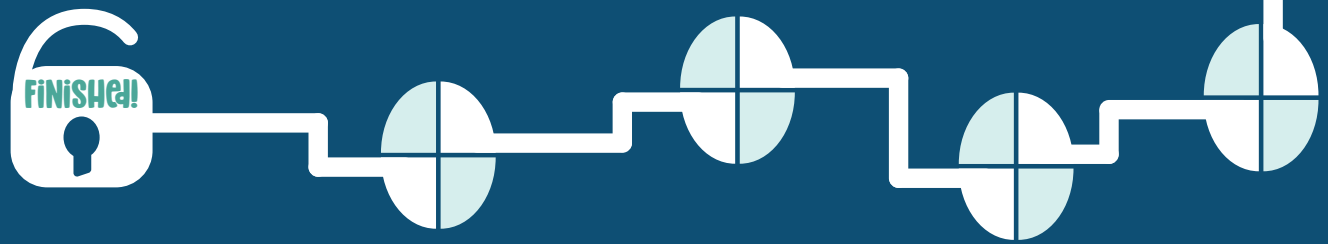
Northern Trail Log Sheet



Use this mileage log sheet to help you track your miles across the Northern Trail.

Color in one portion of the oval for each 1/4 mile that you walk, jog or run. You can also color in one portion of the oval for every 5 minutes of heart-pumping physical activity.

Follow the path until you "UNLOCK" the lock at the finish line!



Congrats,
You've completed 25 miles!