

Your Name: _____



SUMMER RIDING CHALLENGE

July 2nd through August 26th

8-Weeks

Please record the date & miles ridden below (GOAL: 45 min: 8 or under; 75 min: ages 9-15).

Completion Stamp:

<p>Week 1: July 2nd - July 8th</p> <p>EXAMPLE: 7/2 = 15-minutes</p> <p>Total Minutes?.....</p>	
<p>Week 2: July 9th - July 15th</p> <p>Total Minutes?.....</p>	
<p>Week 3: July 16th - July 22nd</p> <p>Total Minutes?.....</p>	
<p>Week 4: July 23rd - July 29th</p> <p>Total Minutes?.....</p>	

Your Name: _____



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8-Weeks

Please record the date & miles ridden below (GOAL: 45 min: 8 or under; 75 min: ages 9-15).

Completion Stamp:

<p>Week 5: July 30th - August 5th</p> <p>Total Minutes?.....</p>	
<p>Week 6: August 6th - August 12^h</p> <p>Total Minutes?.....</p>	
<p>Week 7: August 13th - August 19th</p> <p>Total Minutes?.....</p>	
<p>Week 8: August 20th - August 26th</p> <p>Total Minutes?.....</p>	

THANKS FOR RIDING!