



Med Center Health

100-Mile Club

Name: _____

Dept _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Date Completed _____ This makes a total of _____ completed cards.

Directions

1. Keep a cumulative total of your exercise by checking off a box for each exercise mile you complete.
2. For all walking and jogging, mileage simply equals the miles covered, if known (Ex: 2,000 steps = 1 mile). For all other activities, mileage should be calculated according to the table below. An Equivalent mile equals:

- 12 MIN. OF AEROBICS
- 3 MILES OR 10 MIN OF BYCYCLING
- 10 MIN. OF JOGGING
- 10 MIN. OF KICK BOXING
- 12 MIN. OF RACE WALKING
- 12 MIN. OF RACQUETBALL
- 10 MIN. OF ROPE JUMPING
- 20 UP-FLIGHTS (FLOORS) OF STAIR CLIMBING
- 14 MIN. OF SWIMMING
- 15 MIN. OF TENNIS
- 20 MIN. OF WEIGHT TRAINING

3. Email completed 100-MILE cards to MCH EH Wellness EHNH@mhealth.net. Incentives will be given after reaching 500, 1000, 2000, 3000, 4,000, 5,000, 6,000, 7,000 8,000, 9,000 & 10,000 miles