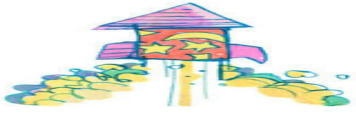


Blast Off Kids- 10 Week 10 K Log www.revivelife.com

Name: _____ Your Total km For 10 Weeks: _____



Countdown (Super Countdown is for those who want to start earlier)	Week Of:	Total Number of Kilometers (km) OR ½ hr intervals of physical activity in this week
20 – SuperCountdown!		
19		
18		
17		
16		
15		
14		
13		
11		
10		
9		
8		
7		
6		
5		
4		
3		
2		
1 Blast Off!		