

WELCOME TO THE FIRST EVER WHITE OAK FAMILY MARATHON

MILEAGE TRACKER

Mile 1	
Mile 2	
Mile 3	
Mile 4	
Mile 5	
Mile 6	
Mile 7	
Mile 8	
Mile 9	
Mile 10	
Mile 11	
Mile 12	
Mile 13	
Mile 14	
Mile 15	
Mile 16	
Mile 17	
Mile 18	
Mile 19	
Mile 20	
Mile 21	
Mile 22	
Mile 23	
Mile 24	
Mile 25	

Just 1.2 Miles left!

You Can Do This!



NUTRITION CHALLENGES

Eating well is so important to being healthy. You need the right nutrients from the right foods to be a strong and healthy athlete. Just like setting goals for reaching marathon distance, you can set goals for good nutrition, too.

We have set 2 Nutrition Challenges as your daily goals. Try to reach each of these goals as often as you can.



Rethink Your Drink!

Avoid soda & sweetened drinks. Stay hydrated with healthier choices like water and milk. I drank only healthy beverages today.



Focus on Fruits & Veggies

Fruits & Veggies are full of vitamins and minerals. I ate three fruits and/or veggies today.
