



Grant Bulldog 100 Miler Lap Tracker



Walking or running laps on your own or with friends at recess is a fun and easy way to reach your goal of 100 miles! Each lap counts as $\frac{1}{3}^{\text{rd}}$ of a mile. If you do just two laps a day you can make it! If you want to be extra sure that you reach your goal walk 3 laps a day and finish early!

Remember to chart how many laps you walked each day!

Name:

Grade:

Teacher:

	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Laps 1 - 10										
Laps 11- 20										
Laps 21 - 30										
Laps 31- 40										
Laps 41- 50										
Laps 51 - 60										
Laps 61 - 70										
Laps 71 - 80										
Laps 81 - 90										
Laps 91 - 100										
Laps 101- 110										
Laps 111 - 120										
Laps 121 - 130										
Laps 131 - 140										
Laps 141 - 150										

**Congratulations you have walked/run 50 miles which is the Bulldog Award Goal!!!
Keep on Going to Earn your 100 Miler Award!!! You are half way there!**

Laps 151 - 160										
Laps 161- 170										
Laps 171 - 180										
Laps 181 - 190										
Laps 191 - 200										
Laps 201 - 210										
Laps 211 - 220										
Laps 221 - 230										
Laps 231 - 240										
Laps 241 - 250										
Laps 251 - 260										
Laps 261 - 270										
Laps 271 - 280										
Laps 281 - 290										
Laps 291 - 300										

CONGRATULATIONS!!!! You have made it to your goal of 100 miles!