HIP MILEAGE LOG

Name:_____

School:_____ **Laps per mile - Outdoor Course:**_____ **Laps per mile - Indoor course:**_____

WEEK	HIP Lesson	Session 1 Laps	Session 1 Miles	Session 2 Laps	Session 2 Miles	Miles Away from HIP Sessions	Total Weekly Miles	Total HIP Miles Accumulated

Tennessee Pediatric Society Foundation