



100 Mile Challenge

WEEKLY MILE LOG



Return completed tracking log to the Forest County Health Department to receive a custom "100 Mile" pin and for a chance to win a \$100 gift card.

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
1					June 1	2	3	
2	4	5	6	7	8	9	10	
3	11	12	13	14	15	16	17	
4	18	19	20	21	22	23	24	
5	25	26	27	28	29	30	July 1	
6	2	3	4	5	6	7	8	
7	9	10	11	12	13	14	15	
8	16	17	18	19	20	21	22	
9	23	24	25	26	27	28	29	
10	30	31	August 1	2	3	4	5	
11	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	19	
13	20	21	22	23	24	25	26	
14	27	28	29	30	31			
Total Miles								

Name: _____

Phone number: _____

I give permission to publicize my name on the "100 Mile Club"

Visit the Forest County Health Department's website for more information

www.forestcountypublichealth.org



Follow us on Facebook for updates and opportunities to reach your 100 miles!

Forest County Health Department

100 Mile Challenge Resources

- Walking trails, community events, 5k Run/Walks – www.goforestcounty.com
- “30 Days Wild”- Crandon Public Library— www.crandonpl.org
- Printable Walking Trail brochure – <http://forestcountypublichealth.org/wp-content/uploads/2017/05/Trails-2017.pdf>
- Printable Canoe Trail brochure— <http://forestcountypublichealth.org/wp-content/uploads/2017/05/canoe-trails-brochure-2017.pdf>
- Wisconsin Trail Etiquette guidelines— <http://dnr.wi.gov/files/PDF/pubs/pr/PR0472.pdf>
- DNR— www.dnr.wi.gov
- Forest County Forestry and Parks— www.forestcountywi.com

***Be sure to speak with your provider prior to starting this physical activity challenge to ensure that it safe to do so.**

Make sure to bring water, sunscreen, and a small snack with you while walking or biking.

Also, remember to check yourself and your family for ticks!

Nicolet-Wolf River Scenic Byway now in Forest County!

This scenic byway is named in honor of two of its nationally-recognized resources: the Wolf River, a National Scenic River and the Nicolet National Forest. A variety of recreational opportunities are available to residents and visitors ranging from activities on the extensive multi-use trail systems to water-based sports.

Use this **Mobile Friendly Website** - <https://www.nicolet-wolfriver-scenicbyway.com> to explore the Byway's trails maps with parking information, campgrounds, and more!