



# 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 prize.

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

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](http://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](http://www.goforestcounty.com)
- “30 Days Wild”- Crandon Public Library— [www.crandonpl.org](http://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](http://www.dnr.wi.gov)
- Forest County Forestry and Parks— [www.forestcountywi.com](http://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!**

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## *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!