



Mileage Log

Participant's name _____

Day	Date	Swim Miles	Bike Miles	Run Miles	Total Miles Completed
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
Total					

Attach more pages as needed.

Parent/Guardian/Coach Signature _____

Date _____