USE THIS FORM TO LOG & TABULATE YOUR RIDING MILES (Make copies as needed)

Your Name: Year Page of

Date	Where Rode	Park	Forest	Private	State	# of Riders
	Total Of Each Column					

15 minutes of riding = **1 Mile ,** 30 minutes of riding = **2 Miles,** 45 minutes of riding = **3 Miles,** 1 Hour of riding = **4 Miles**