

MOVE YOUR WAY

September 2021
DERBY COMMUNITY
 Self-Improvement
 Contest
A Mile A Day

Name _____

E-mail _____

- Move a mile a day your way and record your own distance or time. Aim for 5 days a week.
- Submit your calendar by taking a photo of your tracker, scanning the code below and filling out the form. Don't forget to upload your photo! Trackers are due Oct. 15 to be eligible for prizes.



1 Miles/ Min.	2 Miles/ Min.	3 Miles/ Min.	4 Miles/ Min.	5 Miles/ Min.
6 Miles/ Min.	7 Miles/ Min.	8 Miles/ Min.	9 Miles/ Min.	10 Miles/ Min.
11 Miles/ Min.	12 Miles/ Min.	13 Miles/ Min.	14 Miles/ Min.	15 Miles/ Min.
16 Miles/ Min.	17 Miles/ Min.	18 Miles/ Min.	19 Miles/ Min.	20 Miles/ Min.
21 Miles/ Min.	22 Miles/ Min.	23 Miles/ Min.	24 Miles/ Min.	25 Miles/ Min.
26 Miles/ Min.	27 Miles/ Min.	28 Miles/ Min.	29 Miles/ Min.	30 Miles/ Min.



Tools & Resources:
derbyrec.com
 Questions:
debbie@derbyrec.com
 316-788-3781



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