


# rideATAXIA Global Challenge

## ACTIVITY LOG

YOUR NAME \_\_\_\_\_

YOUR GOAL \_\_\_\_\_

- SET A GOAL - how many virtual miles would you like to achieve?
- Every 10 minutes of activity equals 1 mile (1 hour – 6 miles, etc).
- Log your activities and the virtual miles between Sept 25 and Oct 23, below.
- Post your miles as a “manual entry” ride on STRAVA - look for the  OR snap a photo of your log by October 23 and email it to [rideataxia@curefa.org](mailto:rideataxia@curefa.org)

TYPE OF ACTIVITY: ANY ACTIVITY THAT ENGAGES YOUR BODY, MIND OR SPIRIT

DATE

MINUTES ÷ 10 = MILES

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example: stretching	9/25	15	1.5
<b>TOTAL</b>			