



Have some fun while meeting your goals by participating in the Frosty 40 mileage themes! Themes will prompt you to explore new places, support local businesses and maybe learn something new!

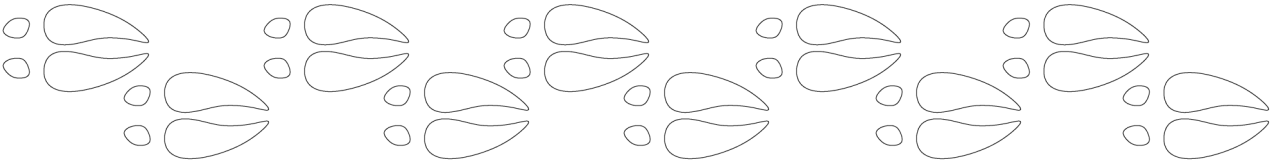
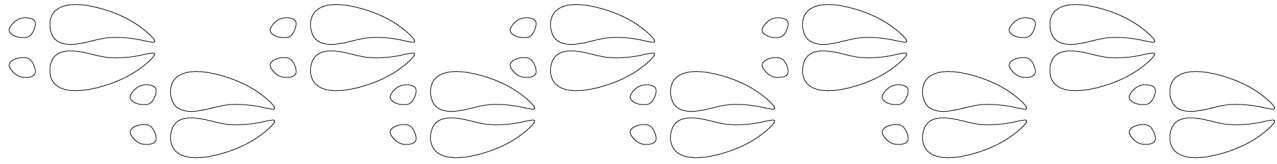
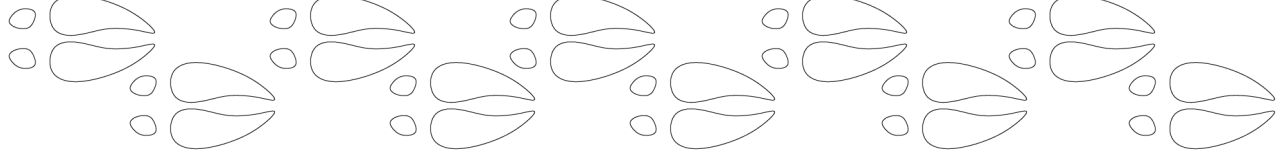
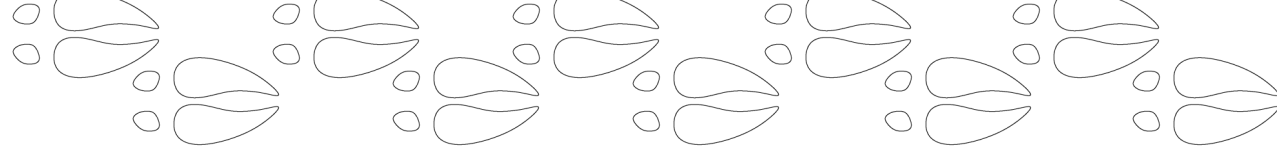
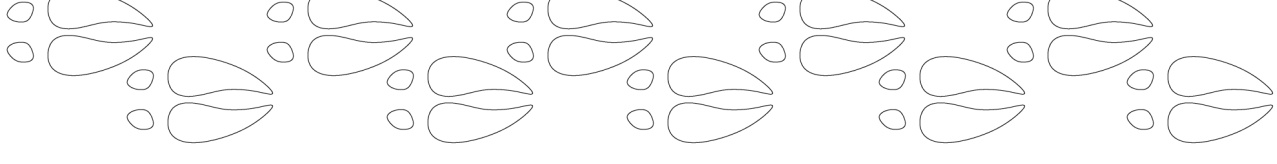
1—5 Miles: Explore Your Favorite Trail	21—25 Miles: Move Differently
6—10 Miles: Explore at Night	26—30 Miles: Explore an Urban Trail
11—15 Miles: Support a Local Business	31—35 Miles: Hike with Someone You Love
16—20 Miles: Explore Somewhere New	36—40 Miles: Spot and Identify a New Bird

MILEAGE TRACKER

[illegible]

Date	Activity	Location	Miles

Color one deer track for each mile you walk, run, ski, or snowshoe!
 Just for fun—Look for animal tracks while you participate in the Frosty 40!

	10 MILES COMPLETED GREAT START!
	20 MILES COMPLETED HALF-WAY THERE!
	30 MILES COMPLETED KEEP UP THE GOOD WORK!
	40 MILES COMPLETED YOU DID IT!
	50 MILES COMPLETED ABOVE AND BEYOND!