

Girl Scouts of Southeastern New England

Marathon in a Month Patch Program

Are you looking for a challenge? Do you want to feel strong, brave, and embody the power of G.I.R.L.? If you answered yes, then the Marathon in a Month Patch Program is perfect for you!

Your challenge officially begins on the date of your choosing and lasts for 1 month or 30 days. Complete 26.2 miles of running, walking, or any physical activity to officially earn your patch. Do it alone, or with a group...the choice is yours!





MARATHON PATCH

Marathon Patch Mileage Tally	
1 mile	
2 miles	
3 miles	
4 miles	
5 miles	
6 miles	
7 miles	
8 miles	
9 miles	
10 miles	
11 miles	
12 miles	
13 miles	
14 miles	
15 miles	
16 miles	
17 miles	
18 miles	
19 miles	
20 miles	
21 miles	
22 miles	
23 miles	
24 miles	
25 miles	
26.2 miles	

1. Track you miles walked or run.
2. After completing 26.2 miles, purchase the Marathon in a Month Patch at your regional Girl Scouts Center Shop.
3. Families are welcome to participate and purchase a patch.

Track Your Miles As You Go

- You can count any accumulated miles walked or run toward your marathon. Here are some fun ways that miles can add up:
 - Walk at your troop meeting in conjunction with earning badges. See the back of this flier for badges ideas.
 - Use math! Calculate the number of miles walked per day to school, during sports practice, or going up and down stairs at home.
 - Take a walk around the block
 - Walk around Newport Cliff Walk or Blackstone Boulevard in Providence
 - Create and chart on a map a “destination” and calculate miles walked to this goal. If you add all you troop miles together, how far you could have traveled?
 - Use and app! Download a pedometer app to track your steps on your phone

Resources for Converting Physical Activities to Miles

Safety First!

- Don't forget! When searching for fun workout videos, building your awesome playlist for Apple Music/Spotify, or searching the web for cool places to earn your miles please remember to have a **parent/guardian with you if you are under 12 years of age.**
- Check out the **Internet Safety Pledge** on pg. 43 of the Safety Activity Checkpoint too!

Phone App Ideas:

(All Ages) My Fitness Pal App: <https://www.myfitnesspal.com/>

(All Ages) Couch to 5k App: <https://www.active.com/mobile/couch-to-5k-app>

(K-5) Super Stretch Kids App: <https://adventuresofsuperstretch.com/>

(K-5) Lazy Monster App: <https://apps.apple.com/us/app/7-minute-workouts-lazy-monster-pro-daily-fitness-for/id1006057473>

(6-12) Zombies, Run! App: <https://zombiesrungame.com/>

(6-12) Nike App: <https://apps.apple.com/us/app/nike-training-club/id301521403>

Physical Activity Conversion Websites:

Convert Steps to Miles: <http://www.kylesconverter.com/length/steps-to-miles>

Activities to Miles: <https://healthylee.com/wp-content/uploads/2016/12/ActivityConversionChart.pdf>

Fun Game and Activity Ideas:

Go Noodle: <https://www.gonoodle.com/>

Popsicle Stick Workout: <https://wholefully.com/pinterest-challenge-popsicle-stick-workout-jar/>

UNO Workout: <https://creativesouthernhome.com/uno-workout-fitnessfriday/>

Fit Dice Workout: <https://twitter.com/PhysEdDepot/status/780176959129157634>

What's Your Name Workout: <https://www.730sagestreet.com/spell-your-name-workout/>

Hula Hoop Activities: <http://www.momonthemove35.com/10-new-hula-hoop-activities/>

Yoga Fun: <https://www.finerminds.com/meditation-for-children/>

Strength Training at Playground: <https://www.superhealthykids.com/kid-fitness/playground-strength-workout-kids/>

Fitness Log Ideas (Remember that you must still submit your miles on both checkpoint dates)

Fitness Log Option A: <https://justagirlandherblog.com/wp-content/uploads/2013/12/Goals-for-the-Week-Blank-680x485.jpg>

Fitness Log Option B:

<https://i.pinimg.com/originals/b3/a8/ea/b3a8eac624bc80e581e0197211708eb5.jpg>