

If you're interested, here's an additional extension activity.

5k worksheet

- 1) How many feet are in a mile _____?
 - 2) How many feet are in a 5K _____?
 - 3) How many feet are in $\frac{1}{4}$ of a mile _____?
 - 4) How many laps around a $\frac{1}{4}$ mile track = a marathon _____?
 - 5) If Jiggy the Jaguar runs laps that are 40 feet in circumference, how many laps will it take to complete the 5K _____?
 - 6) Explain the math conversion you used that gets you to 5K.
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- 7) Looking at the diagram below - what are some routines, practices, and/or strategies you and your family can apply to live life in the Growth Zone?

