

Instructions for Triassic Challenge Google Doc Log

Is this log for me?!?

*This is not the required log for the Triassic Challenge, just an option

*You need to have access to a Google account to use this form

*These instructions are based off our computer view, not mobile view.

*It does not happily download into Excel

*You should be somewhat familiar with Google sheets as we are a wacky events company not techies. There are some helpful hints on page 3

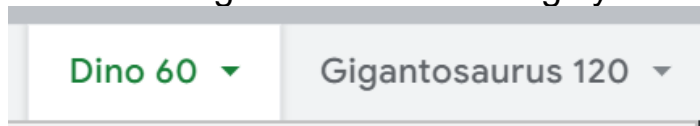
If this log option is not for you simply choose one of the other options! Happy logging!

STEP 1:

Open the link, and immediately go to FILE and select MAKE A COPY so that it is on your drive. Reread the previous sentence 40 times and then click [HERE!](#) Please note there are formulas in cells and they are not locked when you copy **ONLY TYPE IN INSTRUCTED COLUMN.**

STEP 2:

Choose the tab that aligns with the challenge you have selected!



STEP 3:

Get moving and then log your minutes or miles!

LOGGING MILES:

You are going to have to do some fraction work in the water column. 1 Mile = 1760 Yards or 1609.34 Meters. If you swam 500 yards...divide 500 by 1760....gets you .65. Enter .65 into the column for your miles!

Wheeled and Run/Walk you should just enter your total miles for the day!

HAVE FUN!!