



INDIVIDUAL MILEAGE LOG

Name: _____

Team Name: _____

Phone: _____

Captain's Name: _____

Captain's Phone: _____

Directions:

- Record your daily mileage on this Individual Mileage Log.
- Report in (phone, fax, mail or e-mail) your weekly total miles to your Team Captain every Monday. Also report any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, losing inches, lower blood pressure, clothes fitting better, watching less TV, etc.).
- When Walk Across Tennessee is over, total all your miles. Turn in this form along with your completed Walk Across Tennessee Wrap-Up form to your Team Captain after the 8th week.

Day		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday	mi.								
Monday	mi.								
Tuesday	mi.								
Wednesday	mi.								
Thursday	mi.								
Friday	mi.								
Saturday	mi.								
Totals	mi.								

Total Miles Walked _____
(add weekly totals above)

Total Pounds/Inches Lost _____
(add total above)

About how many minutes did you usually walk each time you walked? _____

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.