

Walk Across Tennessee!

Individual Mileage Log

Name:	Captain's Name:
Team Name:	Captain's Phone #:

Directions

- ✓ Record your *daily* mileage on this Individual Mileage Log.
- ✓ *All miles counted must be aerobic walking in which you increase your heart and respiration rates. Miles walked in normal everyday activities do not count.*
- ✓ *Call 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, lower blood pressure, clothes fitting better, watching less television, etc.)
- ✓ When *Walk Across Tennessee* is over, total all of your miles.
- ✓ Turn this form, along with your completed *Walk Across Tennessee* Wrap-Up form, in to your team captain after the 8th week.

Miles Walked

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Total miles each week (add numbers in the column)								

Total miles you walked during the 8 weeks (add all weekly total miles in above table)	
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How many minutes did you usually walk each time you walked? _____