

# Individual Mileage Chart:



In partnership with Saint Thomas Health



*Call in or email weekly totals to your Team Captain every Sunday*

Day of the week	End of wk. 1 4/16	End of wk. 2 4/23	End of wk. 3 4/30	End of wk. 4 5/7	End of wk. 5 5/14	End of wk. 6 5/21	End of wk. 7 5/28	End of wk. 8 6/4
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
<b>Total</b>								

**Monday, April 10 ~ ~ WAT Kick Off**

**(6:00 PM) at Green Brook Park**

**(attendance not required, but encouraged)**

**Monday, April 10 ~ ~ Start exercising**

**Sunday, June 4 ~ ~ Last Day exercise**

**Monday, June 5 ~ ~ Team captains turn in final mileage to April Martin (Call (615-**

**MY TEAM CAPTAIN IS \_\_\_\_\_ MY TEAM IS \_\_\_\_\_**

***Team totals will be posted weekly on the Walk Across Tennessee DeKalb County Facebook Group Page and the UT Extension DeKalb County website (<https://dekalb.tennessee.edu>).***

