



WALK ACROSS

TENNESSEE Individual Walking Log

*Reminder – Only record miles walked for physical activity. Do not report every mile walked during the day.



September/October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 <i>Start Walking!</i>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <i>Last Day to record miles!</i>

Miles Walked		
Week 1 _____	Week 4 _____	Week 7 _____
Week 2 _____	Week 5 _____	Week 8 _____
Week 3 _____	Week 6 _____	Total Miles Walked _____