

# 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.

## Miles Walked & Pounds/Inches Lost

Day		1	2	3	4	5	6	7	8
Sunday	mi.								
	lbs/in.								
Monday	mi.								
	lbs/in.								
Tuesday	mi.								
	lbs/in.								
Wednesdday	mi.								
	lbs/in.								
Thursday	mi.								
	lbs/in.								
Friday	mi.								
	lbs/in.								
Saturday	mi.								
	lbs/in.								
Totals	mi.								
	lbs/in.								

Total Miles Walked \_\_\_\_\_  
(add weekly totals above)

Total Pounds/Inches Lost \_\_\_\_\_  
(add weekly totals above)

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

