

# Captain's Log

Team Captain's Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Captain's Phone Number: \_\_\_\_\_

County: \_\_\_\_\_

## Directions

- Collect an **Individual Registration Form** from every member and yourself before walking begins, and send these to your county Extension office.
- Record your team members' total weekly mileage (and pounds or inches lost, if recorded).
- Record members' Success Stories using the **Success Stories Log**.
- Turn in (call, fax, e-mail, mail or drop-off) your team totals to your county Extension office by Wednesday each week during the *Walk Across Tennessee* program.
- In week 7, remind your team members to finish their **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** and, at the end of Week 8, to turn these in to you. Also inform them of the time and location for the Celebration and Awards Activity.
- When *Walk Across Tennessee* is over, calculate the total miles (and pounds or inches lost) for Weeks 1 through 8 and write the totals for your team in the bottom row and last column.
- Collect an **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** from each member and yourself. Attach your **Team Captain's Log** along with any **Success Stories**, and turn in everything to the county Extension office.

## Team Miles Walked & Pounds/Inches Lost

Member Name		1	2	3	4	5	6	7	8
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
Totals	mi.								
	lbs/in.								

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

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

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.

