Walk Across Tennessee

A FUN AND FITNESS PROGRAM FOR ALL AGES

4/1Captain's Log

Team Captain's Name: _____ Team Name: _____

Team Captain's Phone: _____ County: _____

- Collect **Individual Registration Form** from every member and yourself by March 21 walking begins March 18.Turn these to the UT 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, text, or drop off) your team totals to your county Extension office at the midpoint check in after week 3 by **April 13th** and the final log after week 6 by **May 5th** to complete the *Walk Across Tennessee* program.
- In week 4, remind your team members to finish their **Individual Mileage Log** and ***Walk Across Tennessee* Wrap-Up** and, at the end of Week 6. Also remind them of the **Finale Day on April 29th, 2016 at the Cannon County Relay For Life.**
- When *Walk Across Tennessee* is over, calculate the total miles (and pounds lost) for Weeks 1 through 6 and write the totals for your team in the bottom row and last column.
- Collect **Individual Mileage Logs** 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.**
- Log weekly team miles on our website: extension.tennessee.edu/cannon

TEAM MILES WALKED AND POUNDS/INCHES LOST

MEMBERS NAMES	Week 1 3/25	Week 2 4/1	Week 3 4/8	Week 4 4/15	Week 5 4/22	Week 6 4/29
Miles Walked						
Pounds/ Inches Lost						

Total Team Miles Walked During 6 Weeks
(add weekly totals above)

Total Team Pounds/Inches Lost During 6 weeks
(add weekly totals above)

Sponsored by UT Extension, Cannon County Office

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.