



Walk Across Tennessee

A FUN AND FITNESS PROGRAM
FOR ALL AGES

Individual Mileage Log

Name _____ Team Name _____

Captain's Name _____ Captain's Phone _____

Directions:

- Record your **daily mileage** on this Individual Mileage Log.
- You may also record **pounds or inches lost** at the end of each week, but this is optional.
- Call in (phone, fax, text, or e-mail) your weekly total miles (and pounds/inches lost) 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 or inches, lower blood pressure, clothes fitting better, watching less TV, etc.).
- When *Walk Across Tennessee* is over, total all your miles and pounds/inches lost. Turn in along with your completed *Walk Across Tennessee Wrap-Up* form to your Team Captain.
- Don't forget the **Finale** on **April 29th** at **Cannon County Relay for Life**

Miles Walked and/or Pounds Lost

	Week 1 3/25	Week 2 4/1	Week 3 4/8	Week 4 4/15	Week 5 4/22	Week 6 4/29
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Miles Walked						
Pounds /Inches Lost						

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

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

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