



Walk Across Tennessee

A FUN AND FITNESS PROGRAM
FOR ALL AGES

Wrap-Up

Name: _____ Team Name _____

Phone (home) _____ (work) _____ (mobile) _____

Directions

- Fill out this form after you've finished *Walk Across Tennessee*
- Send, Fax, or bring this form along with your Individual Mileage Log to your Team Captain
- Ask your Team Captain about the time and location for the *Walk Across Tennessee* Finale where awards and prizes will be presented.

1. **Which of these fitness activities do you do now?** (write none or type the example such as walk)

2. **How many days a week do you exercise?**

3. **How long do you exercise (total minutes per day)?**

4. **Please let us know your thoughts or suggestions about *Walk Across Tennessee*!**

5. **What did you like most about *Walk Across Tennessee*?**

6. **How did you hear about *Walk Across Tennessee*?**

Extension Office

Friend or Family

Newspaper

Radio or TV

Other (specify) _____

Sponsored by UT Extension, Cannon County Office