

# WALK *Across* Tennessee



## Individual Mileage Log

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

Captain's Name \_\_\_\_\_ Captain's Phone \_\_\_\_\_

### Directions:

- Record your daily mileage on this Individual Mileage Log.
- Give your weekly total miles to your Team Captain every week (on teams designated day). 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, etc.*).
- When *Walk Across Tennessee* is over, total all your miles. Turn in along with your completed *Walk Across Tennessee Wrap-Up* form to your Team Captain.
- Don't forget the **Deadline to turn in miles is October 23rd.**

### Miles Walked

	Week 1 9/14	Week 2 9/21	Week 3 9/28	Week 4 10/5	Week 5 10/12	Week 6 10/19
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
<b>Miles</b>						

Total Miles Walked During 6 Weeks  
*(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.

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