



INDIVIDUAL MILEAGE LOG*

1. Name _____ Captain's Name _____

2. Team Name _____ Captain's Phone Number _____

Directions:

- Record your **daily mileage** on this Individual Mileage Log. **Those members biking must ride 4 miles to count as 1 mile walked.**
- Call in (phone, fax, mail, or e-mail) your weekly total miles 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, lower blood pressure, clothes fitting better, watching less TV, etc.)
- When your first 8 week session of Walk Across Texas is over, total all your miles .
- Turn in this form to your Team Captain at the end of the 8 week period.

Miles Walked

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total miles each week (add numbers in the column)								

Total miles you walked during 8 weeks (add all weekly total miles in above table) _____

***YOU WILL NEED A NEW FORM EVERY TWO MONTHS!**