

INDIVIDUAL MILEAGE LOG

Name: _____ Team Name: _____

Directions

- Record your **daily mileage** on this Individual Mileage Log.
- You may also record **pounds lost** at the end of each week, but this is optional.
- Submit your weekly total miles (and pounds lost) to your Team Captain. 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.).
- Complete Walk Across Texas! **Wrap-Up** form and submit to your Team Captain after the 8th week.

OPTIONAL: Team members can log in their own miles using the team captain password.
Team captains must enter an email for individuals on the team to allow login.

Team captain password: _____

Miles Walked and Pounds Lost

	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)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total pounds lost each week								

Total miles you walked during 8 weeks (add all weekly total miles in above table)	0.00
Total pounds you lost during 8 weeks (add all weekly pounds lost in above table)	0.00

Updated January 2016