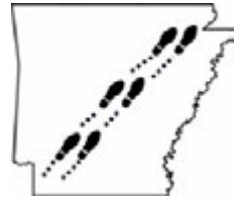


*Walk
 Across
 Arkansas*



Team Captain's Log

Team Captain's Name: _____ Team Name: _____

Team Captain's Phone Number: _____ County: _____

Directions

- Collect an **Individual Registration** form from every member and yourself before walking begins, and send these to the Extension office.
- Record your team members' total weekly mileage (and pounds lost, if recorded)
- Record members' **Success Stories** using success story forms
- Turn in (call, email or drop off) your team totals to Extension office by Wednesday each week.
- In Week 7, remind your team members to finish their **Individual Mileage Log** and Walk Across Arkansas **Wrap-Up** and, at the end of Week 8, turn these in to you.
- When Walk Across Arkansas is over, total the miles (and pounds lost) for Weeks 1 through 8 and write the totals for your team in the bottom row and last column.
- Collect an **Individual Mileage Log** and Walk Across Arkansas **Wrap-Up** from each member and yourself. Attach your Team Captain's Log along with any **Success Stories**, and turn in everything to the Extension office.

Team Miles Walked/Pounds Lost

Member names	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weekly Totals of miles walked								
Weekly Totals of pounds lost								

Total Team Miles Walked (add Weekly Totals above)	
Total Pounds Lost by Team Members (add Weekly Totals above)	