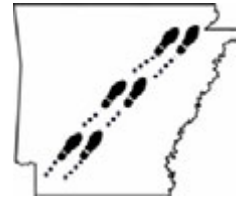


*Walk  
 Across  
 Arkansas*



**Individual Mileage Log**

Name: \_\_\_\_\_ Captain's Name: \_\_\_\_\_

Team Name: \_\_\_\_\_ Captain's Phone Number:: \_\_\_\_\_

**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.
- Call in (phone, fax, mail, or e-mail) your weekly total miles (and pounds lost) 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 Walk Across Arkansas is over, total all your miles and pounds lost.
- Turn in this form along with your completed Walk Across Arkansas **Wrap-Up** form to your Team Captain after the 8th week.

**Miles Walked and Pounds Lost**

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

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

3. **How many minutes did you usually walk each time you walked?** \_\_\_\_\_