



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.
- 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 by Sunday each week. 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.)
- Your team captain will enter your mileage and pounds lost on <http://walkacrosstexas.tamu.edu>.
- You may check your team progress and see how your team is doing by going to <http://walkacrosstexas.tamu.edu>.

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								
Total miles each week (add numbers in column)								
Total pounds 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?** _____

Developed by Texas Cooperative Extension and Texas A&M University School of Rural Public Health

