

Individual Mileage Log



Directions:

Record your **daily mileage** on this Individual Mileage Log. Then report to your Team Captain or if competing as an individual log each week at: www.walkacrosstnmcminn

Miles Walked & Pounds/Inches Lost

<i>Day</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>Saturday</i>								
<i>Sunday</i>								
<i>Monday</i>								
<i>Tuesday</i>								
<i>Wednesday</i>								
<i>Thursday</i>								
<i>Friday</i>								