



WALK ACROSS TENNESSEE

INDIVIDUAL MILEAGE LOG

DAY		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday	mi.								
Tuesday	mi.								
Wednesday	mi.								
Thursday	mi.								
Friday	mi.								
Saturday	mi.								
Sunday	mi.								
Totals	mi.								

Total Miles Walked _____
(add weekly totals above)