



## INDIVIDUAL MILEAGE LOG

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

Total Miles Walked \_\_\_\_\_  
(add weekly totals above)

Total Pounds/Inches Lost \_\_\_\_\_  
(add total above)

About how many minutes did you usually walk each time you walked?

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

