



CAPTAIN'S LOG

Team Miles Walked & Pounds/Inches Lost

Member Name		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
Totals	mi.								

Total Team Miles Walked _____ Total Pounds/Inches Lost by Team _____
 (add weekly totals above) (add total above)

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.