



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.