



## INDIVIDUAL MILEAGE LOG

Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

**Directions**

- Record your **daily mileage** on this Individual Mileage Log.
- Submit your weekly total miles to your Team Captain. Also record any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, lower blood pressure, clothes fitting better, watching less TV, etc.).

**OPTIONAL:** Team members must log in their own miles through their Howdy Health login.

Team registration code: \_\_\_\_\_

### Miles Walked

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Monday</b>								
<b>Tuesday</b>								
<b>Wednesday</b>								
<b>Thursday</b>								
<b>Friday</b>								
<b>Saturday</b>								
<b>Sunday</b>								
<b>Total miles each week (add numbers in the column)</b>								

<b>Total miles you walked during 8 weeks (add all weekly total miles in above table)</b>	
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*Updated Marcy 2019*