

Individual Mileage Form

Walk 100 Miles in 100 Days®

NAME: _____

TEAM Name: _____

DATE: _____

Remember:

- * If you are recording other forms of cardiovascular exercise (weight lifting/strength training does not count).
- * 20 minutes aerobic exercise = 1.0 mile.

	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14	wk15	Total
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
Sunday																
Total	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Make copies for your records.

Update this form weekly and submit to your TEAM CAPTAIN.

PLEASE DO NOT SUBMIT THIS FORM TO THE WELLNESS CENTER

Each week tracks on a Monday - Sunday cycle with this form due by the following Wednesday