



Individual Team Member Mileage Form

Walk 100 Miles in 100 Days® 2019

Name: _____

Reminder:

- * 20 minutes of aerobic exercise = 1.0 mile
- * You can track and record all miles completed without a weekly cap

	wk1 4/15	wk2 4/22	wk3 4/29	wk4 5/6	wk5 5/13	wk6 5/20	wk7 5/27	wk8 6/3	wk9 6/10	wk10 6/17	wk11 6/24	wk12 7/1	wk13 7/8	wk14 7/15	wk15 7/22	Totals
Monday																
Tuesday																
Wednesday															X	
Thursday															X	
Friday															X	
Saturday															X	
Sunday															X	
Grand Total:																

Please Note: Track your miles each week Monday through Sunday except Week 15 which is only two days (July 22nd & 23rd)