



Individual Mileage Tracking Form

2021 Walk 100 Miles in 100 Days®

Name: _____

Name of Team & Captain or write "Individual": _____

Reminder:

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

	wk1 5/31	wk2 6/7	wk3 6/14	wk4 6/21	wk5 6/28	wk6 7/5	wk7 7/12	wk8 7/19	wk9 7/26	wk10 8/2	wk11 8/9	wk12 8/16	wk13 8/23	wk14 8/30	wk15 9/6	
Monday																
Tuesday																
Wednesday															X	
Thursday															X	
Friday															X	
Saturday															X	
Sunday															X	
Totals:																Grand Total:

Please Note: Track your miles each week Monday through Sunday except Week 15 which is only two days (September 6 & 7)

Please submit your completed mileage form to your team captain or the Wellness Center by Wednesday, September 15, 2021