

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

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



One Medical Center Drive - PO Box 9146 -Morgantown, WV 26506

Web address: http://wvumedicine.org/wellness/

Email: wellnesscenter@hsc.wvu.edu
Phone: 304-293-2520/Fax: 304-293-3725