



INDIVIDUAL MILEAGE LOG

Name: _____

Team Name: _____

This Mileage log is to help as a secondary record for your **daily mileage**

**REMEMBER: Submit your total daily miles
on Howdy Health: <https://howdyhealth.org/programs/>**

Miles Walked

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

Total miles you walked during 8 weeks (add all weekly total miles in above table)	
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