



Walk Across Arkansas –Individual Exercise Log

Your Name:
Team Name:
Captain Name:

Directions

- Report your weekly total minutes to your Team Captain
- Record your daily exercise minutes on this Individual Exercise Log.

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