

# MEBANE WALKS

March 3<sup>rd</sup> to April 26<sup>th</sup>, 2012  
Mileage Log

Name: \_\_\_\_\_  
Team: \_\_\_\_\_

Week:	Saturday	Sunday	Monday	Tuesday	Wed	Thurs	Friday	Weekly Total
March 3 – 9								
March 10 -16								
March 17 - 23								
March 24 - 30								
March 31 - Apr 6								
April 7 - 13								
April 14 - 20								
April 21 - 26								

- Send your miles to your team captain (if participating as a team) or to your Coordinator (if participating as an individual) every two weeks.
- Read the weekly newsletters for tips and ideas of how to increase your mileage and make healthy choices.
- Be physically active whenever possible - walk at work, with your friends, with your family and with your congregation!