

Walk Across Arkansas

Individual Exercise Log



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|---------------|
| 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 |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |
| Total minutes each week <i>(add numbers in column)</i> | | | | | | | | |

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