

Go the Distance 2013 Weekly Log Sheet

Week beginning: _____ and ending: _____

Team Name: _____

Participant Name: _____

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Week 1 8/12 - 8/18								
Week 2 8/19 - 8/25								
Week 3 8/26 - 9/1								
Week 4 9/02 - 9/08								
Week 5 9/09 - 9/15								
Week 6 9/16 - 9/22								
Week 7 9/23 - 9/29								
Week 8 9/30 - 10/06								
Week 9 10/07 - 10/13								
Week 10 10/14 - 10/20								
Week 11 10/21 - 10/27								
Week 12 10/28 - 11/3								

Total Distance _____

- Mileage is rounded to the lowest half mile.
- For activities other than walking and running, each 20 minutes equals a mile.
- Log sheets should be submitted by the following Friday at 5 pm of the completed week.