



Team Captain:_____

Participant Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	Sept 17-23	Sept 24-30	Oct 1-7	Oct 8-14	Oct 15-21	Oct 22-28	Oct 29-Nov 4	Nov 5-11
TOTAL								

All activity should be reported in MILES at the rate of 15 min=1 mile. Please log mileage in Howdy Health at least once/week.

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