



## Participant Log

### Walk Across Texas! Panola County

### September 17-November 11, 2023

<b>Team Name:</b> _____				<b>Team Captain:</b> _____				
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
<b>WEEK ONE</b>	9/17	9/18	9/19	9/20	9/21	9/22	9/23	
<b>WEEK TWO</b>	9/24	9/25	9/26	9/27	9/28	9/29	9/30	
<b>WEEK THREE</b>	10/1	10/2	10/3	10/4	10/5	10/6	10/7	
<b>WEEK FOUR</b>	10/8	10/9	10/10	10/11	10/12	10/13	10/14	
<b>WEEK FIVE</b>	10/15	10/16	10/17	10/18	10/19	10/20	10/21	
<b>WEEK SIX</b>	10/22	10/23	10/24	10/25	10/26	10/27	10/28	
<b>WEEK SEVEN</b>	10/29	10/30	10/31	11/1	11/2	11/3	11/4	
<b>WEEK EIGHT</b>	11/5	11/6	11/7	11/8	11/9	11/10	11/11	

Each participant is responsible for logging his/her mileage at least once a week into the Howdy Health System! Please enter mileage by the DAY and as MILES, not time.

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