



Recording Dates **Submit date**
 #1 Feb. 1 – Feb 29 March 1
 #2 Mar. 1 – Mar. 31 April 1
 #3 Apr. 1 – May 1 May 1

PERSONAL ACCUMULATED ACTIVITY: MILE LOG SHEET 2009

MONTH _____

TEAM NAME _____

Name _____

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Week Total</u>
							<u>Month Total</u>

Record & Calculate daily/weekly MILES. Turn this Personal Log Sheet into your Team Captain on or before the submit date listed above. Additional personal log sheets are available online at www.shapeupmontana.org

Team Captain: Submits Team Miles on the dates listed above at www.shapeupmontana.org under Team Reports

***** In case of an audit: Team Captains must retain all copies of personal log sheets from each team member. *****