

# Walk Across The USA

## Daily Log

Your Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

*\* Fifteen minutes of moderate or vigorous physical activity counts as one mile*

### October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Total Miles for the Month \_\_\_\_\_

Eastern Trek

Western Trek

Total Miles: 2,066

Total Miles: 3,006



GREAT BEND REC

“Everywhere is walking distance if you have the time.” Steven Wright