



## CAPTAIN'S LOG

Team Captain's Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Team Captain's Phone Number: \_\_\_\_\_ County: Claiborne

### Directions:

- Collect an **Individual Registration Form** from every member and yourself before walking begins. Mail or drop off the forms at the Claiborne County Extension Office Post Office Box 196 Tazewell TN 37879.
- Record your team members' total weekly mileage (and pounds or inches lost, if recorded) on back of this page.
- Turn in (call: 423-626-3742, fax: 423-626-3423, e-mail: [cbrandon@utk.edu](mailto:cbrandon@utk.edu), mail to the address above, drop-off at the Extension Office) your team totals to Claiborne County Extension by *Wednesday* each week during the Walk Across Tennessee program.
- In week five, remind your team members to finish their **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** and, at the end of Week six, to turn these in to you. Also, inform them of the time and location for the Celebration and Awards Activity.
- When Walk Across Tennessee is over, calculate the total miles (and pounds or inches lost) for Weeks 1 through 6 and write the totals for your team in the bottom row and last column.
- Collect an **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** from each member and yourself. Attach your **Team Captain's Log** along with any **Success Stories**, and turn in everything to the county Extension office.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



## CAPTAIN'S LOG

Team Name \_\_\_\_\_

### Team Miles Walked & Pounds/Inches Lost

Member Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total miles						

Total Team Miles Walked \_\_\_\_\_  
(add weekly totals above)

Total Pounds/Inches Lost by Team \_\_\_\_\_  
(add total above)

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