



Exercise Across Tennessee Tracking Sheet

Directions: Record your "mileage" for each day of the week based on the conversion chart provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	
Week 1									 Memphis
Week 2									 Jackson
Week 3									 Nashville
Week 4									 Murfreesboro

Did you make it you the next city each week? If not, that's okay! Every little bit of activity adds up!

Name: _____

Department/Agency: _____



Exercise Across Tennessee Tracking Sheet

Directions: Record your "mileage" for each day of the week based on the conversion chart provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	
Week 5									 Chattanooga
Week 6									 Athens
Week 7									 Knoxville
Week 8									 Bristol

Did you make it you the next city each week? If not, that's okay! Every little bit of activity adds up!

Name: _____

Department/Agency: _____