100 Miles in 100 Days

Tracking Log

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| WEEK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
| Week 1  Apr. 1-2 |  |  |  |  |  |  |  |  |
| Week 2  Apr. 3-9 |  |  |  |  |  |  |  |  |
| Week 3  Apr. 10-16 |  |  |  |  |  |  |  |  |
| Week 4  Apr. 17-23 |  |  |  |  |  |  |  |  |
| Week 5  Apr. 24-30 |  |  |  |  |  |  |  |  |
| Week 6  May 1-7 |  |  |  |  |  |  |  |  |
| Week 7  May 8-14 |  |  |  |  |  |  |  |  |
| Week 8  May 15-21 |  |  |  |  |  |  |  |  |
| Week 9  May 22-28 |  |  |  |  |  |  |  |  |
| Week 10  May 29-  June 4 |  |  |  |  |  |  |  |  |
| Week 11  June 5-11 |  |  |  |  |  |  |  |  |
| Week 12  June 12-18 |  |  |  |  |  |  |  |  |
| Week 13  June 19-25 |  |  |  |  |  |  |  |  |
| Week 14  June 26-  July 2 |  |  |  |  |  |  |  |  |
| Week 15  July 3-9 |  |  |  |  |  |  |  |  |
| Week 16  July 10-16 |  |  |  |  |  |  |  |  |
| Total Miles Walked in 100 Days | | | | | | | |  |

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To be eligible for the drawing all Tracking Logs must be returned to the Jackson County Health Department by midnight on July 22, 2016. Drawing(s) will be held on July 25, 2016 at noon.

Email to [Wendy.m.staats@wv.gov](mailto:Wendy.m.staats@wv.gov) or fax to 304-372-1096 or mail 504 South Church Street, Ripley, WV