



Track & Report Instructions- 2026

Track any daily physical activities in **“miles” NOT steps!** Use any method to track.

- Track first week miles for **Monday, October 12th thru Sunday, November 15th (Monday thru Sunday)**. Estimate first week if you start later in the week.
- Report weekly **MILES – not steps** by the following Monday if possible. Email reminders & survey link for reporting will be sent weekly from jpuett@utk.edu. Check spam folders.
- Mark your calendar for **October 18, 25, November 1, 8, 15** for reporting miles for the previous week. Keep track of what weeks you report & the miles you enter.
You will not be able to see your entries & we do not have the capacity to send them to you.
- You can report miles for other people if they are registered- especially youth. Enter their name & miles separately from yours each week using the same link. Use the same name & email each week to ensure your miles for all 5 weeks are counted. Ex. Don't report as Joe one week and Joseph the next week.

Tracking Method Suggestions:

- Use a fitness tracker device, a step counter/pedometer (2,000 steps equals one mile) or an on-line comparison calculator to convert activities (gardening, biking, etc.).
- Use this optional tracking form for yourself or multiple people. You DO NOT submit it.
- Place a check in the checkbox after you enter your miles in the on-line link that we'll send you each week to help you keep track.
- A printable pdf listing several activities is emailed. Place on refrigerator or other visible location to remind you to stay active.

If an activity is not listed, use the **Talk Test** as a guideline. If you:

- Can sing during the activity. 20 minutes of light activity equals 1 mile.
- Can talk but not sing during the activity. 10 minutes of moderate activity equals 1 mile.
- Can't say more than a few words without pausing for breath doing the activity. 8 minutes of vigorous activity equal 1 mile.

Participant's Name	October 12-18		October 19-25		October 26-November 1		November 2-8		November 9-15		Total Miles
	Miles	☒	Miles	☒	Miles	☒	Miles	☒	Miles	☒	

Contact University of Tennessee Family & Consumer Science Extension Agent in Bledsoe, Bradley, Hamilton, McMinn, Meigs, Polk, Rhea or Sequatchie Counties for more information.

