Team Log Form

Guidelines
Teams consist of 5 participants in *Exercise America*. The goal is for all 5 participants to complete the program in 50 days. Successful teams will be entered into a random drawing for great *Exercise America* prizes.

Team Captains are responsible for returning the completed team log form to:

Completion deadline: _____ Team Name: _____ Name: _____

(Team Captain)

Name	Augusta ME	Concord NH	Montpelier VT	Albany NY	Boston MA	Providence RI	Hartford CT	Trenton NJ	Harrisburg PA	Dover DE	Annapolis MD	Richmond VA	Raleigh NC	Columbia SC	Atlanta GA	Tallahassee FL	Montgomery AL	Nashville TN	Frankfort KY	Charleston WV	Columbus OH	Lansing MI	Indianapolis IN	Springfield IL	Madison WI	St Paul MN	Des Moines IA	Jefferson City MO	Little Rock AR	Jackson MS	Baton Rouge LA
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exercise america

Team Log Form *(continued)*

Name

Baton Rouge LA, Austin TX, Oklahoma City OK, Topeka KS, Lincoln NE, Pierre SD, Bismarck ND, Helena MT, Cheyenne WY, Denver CO, Santa Fe NM, Phoenix AZ, Salt Lake City UT, Boise ID, Carson City NV

6000, 7000, 8000, 9000, 10,000, 11,000, 11,681

Name

Carson City NV, Sacramento CA, Salem OR, Olympia WA, (Air miles), Juneau AK, (Air miles), Honolulu HI

12,000, 13,000, 14,000, 15,000, 16,000, 17,000, 17,300

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