OCMC Trek Personal Mile Log

Participant Name: _____

Welcome to the **OCMC Trek4Missions**! You are joining participants from across the nation to raise awareness and financial support for Orthodox mission work and sending missionaries to the ends of the earth. Log miles for missions from **Monday, August 8**, until **Sunday, September 18**. Your activity may include walking your dog, running, riding a bike, swimming, stationary cycling, and more. Log your total miles every day. Submit your weekly totals to your captain or to OCMC staff at events@ocmc.org so they can be added to the national count.

All miles are due by **Friday, September 30**.

		Sun.	**Mon.**	**Tues.**	**Wed.**	**Thu.**	**Fri.**	**Sat.**	**Weekly Total**
Week 1 8/8-8/14	Distance (miles)								
Week 2 8/15 – 8/21	Distance (miles)								
Week 3 8/22 – 8/28	Distance (miles)								
Week 4 8/29 – 9/4	Distance (miles)								
Week 5 9/5 – 9/11	Distance (miles)								
Week 6 9/12 – 9/18	Distance (miles)								