

Treadmill Trail My Birthplace to My Home

50.582%

Best

Goal

Walk and Listen to Standard Works of the Church of Jesus Christ of Latter-Day Saints

Forward 97:19:38 389.0812 72,471 71,116

#11 Totals 99:29:01 397.699 74,061 72,999 min

Day	Averages	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
		0:05:53	0.392	72.27	85.59	4.50	4
	Set Best	1:03:01	4.201	766	816	5.5	4

336	12/1/13	0:05:10	0.344	63	75	4.5	4
337	12/2/13	0:05:20	0.355	65	78	4.5	4
338	12/3/13	0:05:25	0.361	67	79	4.5	4
339	12/4/13	0:05:05	0.338	63	74	4.5	4
340	12/5/13	0:05:08	0.342	63	75	4.5	4
341	12/6/13	0:05:15	0.350	64	76	4.5	4
342	12/7/13	0:05:09	0.343	63	75	4.5	4
343	12/8/13	0:05:40	0.377	70	82	4.5	4
344	12/9/13						
345	12/10/13	0:05:15	0.350	64	76	4.5	4
346	12/11/13						
347	12/12/13	0:05:10	0.344	63	75	4.5	4
348	12/13/13	0:05:02	0.335	62	73	4.5	4
349	12/14/13	0:05:22	0.357	66	78	4.5	4
350	12/15/13						
351	12/16/13	0:06:01	0.401	74	88	4.5	4
352	12/17/13	0:05:03	0.336	62	73	4.5	4
353	12/18/13	0:06:24	0.426	79	93	4.5	4
354	12/19/13						
355	12/20/13	0:05:06	0.340	63	74	4.5	4
356	12/21/13						
357	12/22/13	0:05:24	0.360	66	79	4.5	4
358	12/23/13	0:05:42	0.380	70	83	4.5	4
359	12/24/13	0:08:07	0.541	100	118	4.5	4
360	12/25/13						
361	12/26/13	0:11:00	0.733	136	161	4.5	4
362	12/27/13						
363	12/28/13	0:05:10	0.344	63	75	4.5	4
364	12/29/13						
365	12/30/13	0:08:25	0.561	104	123	4.5	4
366	12/31/13						

Steven

Christmas



Extra Walking

Totals 2:09:23 8.618 1,590 1,883