

Treadmill Trail My Birthplace to My Home

10.311%

Best

Goal

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

20 min/day
100 cal

#1	Totals	20:17:28	81.071	14560	14823		
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:40:16	2.685	486.79	493.10	3.66	4
	Set Best	1:03:01	4.201	766	816	4	4
1	12/25/12	0:27:27	1.830	322	270	3	4
2	12/26/12	0:37:12	2.480	438	370	3	4
3	12/27/12	0:37:01	2.467	442	426	3.5	4
4	12/28/12	0:27:54	1.860	335	336	3.5	4
5	12/29/12	0:40:05	2.672	487	519	4	4
6	12/30/12	0:47:31	3.167	577	615	4	4
7	12/31/12	0:47:23	3.158	578	629	4	4
8	1/1/13	0:48:28	3.231	589	628	4	4
9	1/2/13	0:50:50	3.388	618	658	4	4
10	1/3/13	0:59:45	3.983	762	774	4	4
11	1/4/13	0:58:26	3.895	710	757	4	4
12	1/5/13	1:03:01	4.201	766	816	4	4
13	1/6/13	0:56:32	3.768	687	732	4	4
14	01-7 01-15-13						Flu for 8 days
23	1/16/13	0:05:58	0.397	70	58	3	4
24	1/17/13	0:08:28	0.564	99	83	3	4
25	1/18/13	0:21:06	1.406	248	207	3	4
26	1/19/13	0:41:23	2.758	487	414	3	4
27	1/20/13	0:58:23	3.892	698	672	3.5	4
28	1/21/13	0:56:53	3.792	680	655	3.5	4
29	1/22/13	1:00:02	4.002	718	691	3.5	4
30	1/23/13	0:57:17	3.818	694	730	3.5	4
31	1/24/13	0:21:10	1.411	253	243	3.5	4
32	1/25/13	0:41:43	2.781	502	506	3.5	4
33	1/26/13	0:58:25	3.894	710	757	4	4
34	1/27/13	0:33:48	2.253	411	438	4	4
35	1/28/13	0:30:18	2.020	368	392	4	4
36	1/29/13	0:21:43	1.447	264	281	4	4
37	1/30/13	0:22:04	1.471	268	285	4	4
38	1/31/13	0:27:41	1.845	336	358	4	4

Christmas

BC Temple

New Year

Melissa B-day



Extra Walking

0:49:31

3.220

443

523

Totals

20:17:28

79.241

14560

14823