

Treadmill Trail My Birthplace to My Home

16.717%

Best

Goal

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

20 min/day
100 cal

Forward 20:17:28 81.071 14,560 14,823

#2 Totals 32:53:09 131.439 23,752 24,752

		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:29:04	1.937	353.54	381.88	4.02	4
	Set Best	1:03:01	4.201	766	816	4.5	4

39	2/1/13	0:21:16	1.417	258	275	4	M Birth Mom
40	2/2/13	0:20:11	1.345	245	261	4	M Birth Dad
41	2/3/13	0:20:14	1.348	246	262	4	4
42	2/4/13	0:21:57	1.463	266	284	4	4
43	2/5/13	0:34:26	2.295	418	446	4	4
44	2/6/13	0:36:14	2.415	440	469	4	4
45	2/7/13	0:20:00	1.333	241	248	3.5	4
46	2/8/13	0:20:53	1.392	253	270	4	4
47	2/9/13						
48	2/10/13						Melissa's Farewell
49	2/11/13	0:21:37	1.441	262	280	4	4
50	2/12/13	0:21:17	1.418	258	275	4	4
51	2/13/13	0:22:22	1.491	272	289	4	4
52	2/14/13	0:23:45	1.583	288	307	4	4 100 Miles
53	2/15/13	0:20:56	1.395	254	271	4	4
54	2/16/13	0:21:37	1.441	262	280	4	4
55	2/17/13	0:23:39	1.576	287	306	4	Melissa Set Apart
56	2/18/13	0:24:25	1.627	296	316	4	Last for Pr. Taggart
57	2/19/13	0:22:30	1.500	273	291	4	Melissa Leaves
58	2/20/13	0:36:54	2.460	448	478		Enters Guatemala MTC
59	2/21/13	0:47:18	3.153	575	613	4	4
60	2/22/13	0:30:07	2.007	366	390	4	4
61	2/23/13	0:41:33	2.770	505	538	4	4
62	2/24/13	0:31:06	2.073	378	403	4	4
63	2/25/13	0:46:04	3.071	560	597	4	4
64	2/26/13	0:46:11	3.078	570	676	4.5	4 125 Miles
65	2/27/13	0:47:20	3.155	585	692	4.5	4
66	2/28/13	0:31:49	2.121	386	412	4	4

Extra Walking

Totals 12:35:41 50.368 9192 9929

