

Treadmill Trail My Birthplace to My Home

23.418%

Best

Goal

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

20 min/day
100 cal

Forward 8:53:09 131.439 23,752 24,752

#3 Totals 46:03:42 184.126 33,351 34,981

		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:25:30	1.700	599.94	639.31	4.00	4
	Set Best	1:03:01	4.201	766	816	4.5	4

67	3/1/13	0:38:16	2.551	465	495	4	4
68	3/2/13	0:26:55	1.794	327	348	4	4
69	3/3/13	0:20:15	1.349	245	261	4	4
70	3/4/13	0:41:54	2.793	509	543	4	4
71	3/5/13	0:37:59	2.532	461	492	4	4
72	3/6/13	0:21:59	1.465	267	284	4	4
73	3/7/13	0:27:37	1.841	335	357	4	4
74	3/8/13	0:26:00	1.733	316	336	4	4
75	3/9/13	0:07:14	0.482	88	93	4	4
76	3/10/13	0:08:17	0.552	100	107	4	4
77	3/11/13	0:08:22	0.557	101	108	4	4
78	3/12/13	0:21:21	1.423	259	276	4	4
79	3/13/13	0:20:20	1.355	247	263	4	4
80	3/14/13	0:21:47	1.452	264	282	4	4
81	3/15/13	0:31:29	2.098	382	408	4	4
82	3/16/13	0:21:18	1.420	259	276	4	4
83	3/17/13	0:20:10	1.344	245	261	4	4
84	3/18/13	0:20:20	1.355	247	263	4	4
85	3/19/13	0:21:06	1.403	256	273	4	4
86	3/20/13	0:34:57	2.330	425	452	4	4
87	3/21/13	0:34:00	2.266	413	440	4	4
88	3/22/13	0:33:02	2.202	401	428	4	4
89	3/23/13	0:32:31	2.167	395	421	4	4
90	3/24/13	0:20:00	1.333	243	259	4	4
91	3/25/13	0:21:49	1.454	265	282	4	4
92	3/26/13	0:32:55	2.194	400	426	4	4
93	3/27/13	0:20:00	1.333	243	259	4	4
94	3/28/13	0:30:35	2.038	371	396	4	4
95	3/29/13	0:31:16	2.084	380	405	4	4
96	3/30/13	0:26:09	1.743	318	338	4	4
97	3/31/13	0:30:40	2.044	372	397	4	4

Birthday

Easter



Extra Walking

Totals

13:10:33 52.687 9,599 10,229