

Treadmill Trail My Birthplace to My Home

34.526%

Best

Goal

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

20 min/day
100 cal

	Forward	59:00:29	235.9002	42,768	45,138		
#5	Totals	67:54:10	271.464	49,201	52,040	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:18:24	1.226	221.83	238.00	4.00	4
	Set Best	1:03:01	4.201	766	816	4.5	4

128	5/1/13	0:23:38	1.575	287	306	4	4	
129	5/2/13	0:22:02	1.468	267	285	4	4	
130	5/3/13	0:22:14	1.482	270	288	4	4	
131	5/4/13	0:22:58	1.531	279	297	4	4	2700 Miles
132	5/5/13	0:21:33	1.436	262	279	4	4	
133	5/6/13	0:22:18	1.486	271	289	4	4	
134	5/7/13	My Brother, Steven A. Belnap, passed away, happy reunion for him and mom.						
135	5/8/13	0:30:30	2.033	370	395	G. Belnap Family Dinner		
136	5/9/13	0:31:14	2.082	379	404	4	4	
137	5/10/13	0:20:38	1.375	250	267	4	4	Michael
138	5/11/13	0:22:46	1.517	276	295	4	4	&
139	5/12/13	Mother's Day - Karen and Brian talked in their Church						Kyshel
140	5/13/13	0:22:22	1.491	227	289	4	4	
141	5/14/13	0:22:28	1.497	273	291	4	4	
142	5/15/13	0:20:02	1.335	243	259	4	4	
143	5/16/13	0:20:17	1.352	246	262	4	4	
144	5/17/13	0:21:59	1.465	267	284	4	4	
145	5/18/13	0:21:44	1.448	263	280	4	4	
146	5/19/13	0:20:30	1.366	249	265	4	4	
147	5/20/13	0:04:50	0.322	58	62	4	4	
148	5/21/13	0:20:47	1.385	252	269	4	4	
149	5/22/13	0:05:01	0.334	61	65	4	4	
150	5/23/13	0:31:46	2.117	386	411	4	4	
151	5/24/13	0:22:08	1.475	269	286	4	4	
152	5/25/13	0:06:04	0.404	73	78	4	4	
153	5/26/13	0:06:55	0.461	84	89	4	4	
154	5/27/13	0:08:31	0.567	103	110	4	4	
155	5/28/13	0:06:06	0.406	74	79	4	4	Steven's Viewing
156	5/29/13	0:10:47	0.718	131	139	4	4	Steven's Funeral
157	5/30/13	0:10:54	0.726	134	141	4	4	
158	5/31/13	0:10:39	0.710	129	138	4	4	



Extra Walking

Totals 8:53:41 35.564 6,433 6,902