

Treadmill Trail My Birthplace to My Home

43.775%

Best

Goal

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

20 min/day
100 cal

	Forward	79:00:38	315.8672	56,765	56,553		
#8	Totals	86:05:28	344.177	64,200	61,484	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:15:32	1.035	273.04	181.00	3.57	4
	Set Best	1:03:01	4.201	766	816	4.5	4
214	8/1/13	0:05:27	0.363	63	44	2.5	4
215	8/2/13	0:05:53	0.392	68	48	2.5	4
216	8/3/13	0:09:52	0.657	114	80	2.5	4
217	8/4/13	0:20:20	1.355	235	165	2.5	4
218	8/5/13	0:21:02	1.402	243	171	2.5	4
219	8/6/13	0:21:19	1.421	248	188	2.5	4
220	8/7/13	0:21:43	1.447	254	213	3	4
221	8/8/13	0:22:04	1.471	2611	233	3	4
222	8/9/13	0:23:42	1.580	283	273	3.5	4
223	8/10/13	0:23:52	1.591	288	296	3.5	4
224	8/11/13						
225	8/12/13	0:21:38	1.442	263	280	4	4
226	8/13/13	0:20:36	1.373	250	260	4	4
227	8/14/13	0:20:56	1.395	254	271	4	4
228	8/15/13	0:20:29	1.365	249	265	4	4
229	8/16/13	0:10:46	0.717	130	139	4	4
230	8/17/13	0:11:00	0.733	133	142	4	4
231	8/18/13	0:10:11	0.678	123	131	4	4
232	8/19/13	0:10:27	0.696	127	135	4	4
233	8/20/13	0:22:09	1.476	269	287	4	4
234	8/21/13	0:20:56	1.395	254	271	4	4
235	8/22/13	0:12:14	0.815	148	158	4	4
236	8/23/13	0:06:10	0.411	75	79	4	4
237	8/24/13						
238	8/25/13	0:06:35	0.438	80	85	4	4
239	8/26/13	0:08:58	0.597	109	116	4	4
240	8/27/13	0:08:37	0.574	104	111	4	4
241	8/28/13	0:08:39	0.576	105	112	4	4
242	8/29/13	0:08:55	0.595	108	115	4	4
243	8/30/13	0:20:20	1.355	247	263	4	4
244	8/31/13						

325 Miles

Maurice NZ

Service Project
Karen's B-day



Extra Walking

Totals 7:04:50 28.310 7,435 4,931