

Treadmill Trail My Birthplace to My Home

46.574%

Best

Goal

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

20 min/day
100 cal

	Forward	86:05:28	344.1772	64,200	61,484		
#9	Totals	91:35:50	366.187	68,254	66,163	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:11:24	0.759	139.79	161.34	4.31	4
	Set Best	1:03:01	4.201	766	816	5	4

245	9/1/13	0:08:39	0.576	105	112	4	4
246	9/2/13	0:08:45	0.583	106	113	4	4
247	9/3/13	0:09:06	0.606	110	117	4	4
248	9/4/13	0:10:10	0.677	123	131	4	4
249	9/5/13	0:11:21	0.756	138	147	4	4
250	9/6/13	0:04:25	0.294	53	57	4	4
251	9/7/13	0:08:35	0.572	104	111	4	4
252	9/8/13	0:08:25	0.561	102	109	4	4
253	9/9/13	0:08:30	0.566	103	110	4	4
254	9/10/13	0:08:56	0.595	108	115	4	4
255	9/11/13	0:11:11	0.745	136	144	4	4
256	9/12/13	0:20:33	1.370	249	266	4	4
257	9/13/13	0:10:17	0.685	125	133	4	4
258	9/14/13	0:10:40	0.711	130	142	4	4
259	9/15/13	0:10:30	0.700	129	153	4.5	4
260	9/16/13	0:10:39	0.710	131	155	4.5	4
261	9/17/13	0:08:30	0.566	105	124	4.5	4
262	9/18/13	0:11:11	0.745	138	164	4.5	4
263	9/19/13	0:04:20	0.288	53	63	4.5	4
264	9/20/13	Michael & Kyshel Wedding at Bountiful Temple					
265	9/21/13	0:04:27	0.296	55	72	5	4
266	9/22/13	0:10:10	0.677	125	148	4.5	4
267	9/23/13	0:10:57	0.730	135	160	4.5	4
268	9/24/13	0:24:17	1.618	300	355	4.5	4
269	9/25/13	0:21:49	1.454	274	361	5	4
270	9/26/13	0:20:40	1.377	255	302	4.5	4
271	9/17/13	0:21:49	1.454	274	356	5	4
272	9/28/13	0:11:20	0.755	140	165	4.5	4
273	9/29/13	0:10:01	0.667	123	146	4.5	4
274	9/30/13	0:10:09	0.676	125	148	4.5	4

350 Miles



Extra Walking

Totals 5:30:22 22.010 4,054 4,679