

# Treadmill Trail My Birthplace to My Home

48.360%

Best

Goal

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

20 min/day  
100 cal

|     |                 |                 |                |               |               |         |       |
|-----|-----------------|-----------------|----------------|---------------|---------------|---------|-------|
|     | Forward         | 91:35:50        | 366.1872       | 68,254        | 66,163        |         |       |
| #10 | <b>Totals</b>   | <b>95:06:40</b> | <b>380.229</b> | <b>70,852</b> | <b>69,275</b> | min     |       |
|     |                 | Time            | Miles          | Calorie Burn  | Vert Climb    | Incline | Speed |
| Day | <b>Averages</b> | 0:07:16         | 0.484          | 89.59         | 107.31        | 4.55    | 4     |
|     | <b>Set Best</b> | 1:03:01         | 4.201          | 766           | 816           | 5.5     | 4     |

|     |          |                                                   |       |     |     |     |   |
|-----|----------|---------------------------------------------------|-------|-----|-----|-----|---|
| 275 | 10/1/13  | 0:21:21                                           | 1.423 | 263 | 312 | 4.5 | 4 |
| 276 | 10/2/13  | 0:20:27                                           | 1.363 | 252 | 299 | 4.5 | 4 |
| 277 | 10/3/13  | 0:10:53                                           | 0.725 | 134 | 159 | 4.5 | 4 |
| 278 | 10/4/13  | 0:10:34                                           | 0.704 | 132 | 169 | 4.5 | 4 |
| 279 | 10/5/13  | 0:05:05                                           | 0.338 | 64  | 91  | 5.5 | 4 |
| 280 | 10/6/13  | 0:05:10                                           | 0.344 | 64  | 84  | 5   | 4 |
| 281 | 10/7/13  | 0:05:25                                           | 0.361 | 67  | 79  | 4.5 | 4 |
| 282 | 10/8/13  | 0:05:11                                           | 0.345 | 64  | 75  | 4.5 | 4 |
| 283 | 10/9/13  | 0:05:05                                           | 0.338 | 62  | 74  | 4.5 | 4 |
| 284 | 10/10/13 | 0:05:06                                           | 0.340 | 63  | 74  | 4.5 | 4 |
| 285 | 10/11/13 | 0:05:08                                           | 0.342 | 63  | 75  | 4.5 | 4 |
| 286 | 10/12/13 | 0:05:05                                           | 0.338 | 62  | 74  | 4.5 | 4 |
| 287 | 10/13/13 | 0:05:44                                           | 0.382 | 70  | 83  | 4.5 | 4 |
| 288 | 10/14/13 | Brian & Karen's Wedding Anniversary, Ogden Temple |       |     |     |     |   |
| 289 | 10/15/13 | 0:08:20                                           | 0.555 | 103 | 122 | 4.5 | 4 |
| 290 | 10/16/13 | 0:15:39                                           | 1.043 | 193 | 229 | 4.5 | 4 |
| 291 | 10/17/13 | 0:05:01                                           | 0.334 | 62  | 73  | 4.5 | 4 |
| 292 | 10/18/13 | 0:05:10                                           | 0.344 | 63  | 75  | 4.5 | 4 |
| 293 | 10/19/13 | Michael & Kyschel Reception in Memphis, TN        |       |     |     |     |   |
| 294 | 10/20/13 | 0:05:07                                           | 0.341 | 63  | 74  | 4.5 | 4 |
| 295 | 10/21/13 | 0:05:01                                           | 0.334 | 62  | 73  | 4.5 | 4 |
| 296 | 10/22/13 | 0:05:03                                           | 0.336 | 62  | 73  | 4.5 | 4 |
| 297 | 10/23/13 | 0:05:05                                           | 0.338 | 62  | 74  | 4.5 | 4 |
| 298 | 10/24/13 | 0:05:07                                           | 0.341 | 63  | 74  | 4.5 | 4 |
| 299 | 10/25/13 | 0:06:29                                           | 0.432 | 80  | 94  | 4.5 | 4 |
| 300 | 10/26/13 | 0:08:30                                           | 0.566 | 105 | 124 | 4.5 | 4 |
| 301 | 10/27/13 | 0:05:01                                           | 0.334 | 62  | 73  | 4.5 | 4 |
| 302 | 10/28/13 | 0:05:05                                           | 0.338 | 62  | 74  | 4.5 | 4 |
| 303 | 10/29/13 | 0:05:04                                           | 0.337 | 62  | 74  | 4.5 | 4 |
| 304 | 10/30/13 | 0:05:06                                           | 0.340 | 63  | 74  | 4.5 | 4 |
| 305 | 10/31/13 | 0:05:48                                           | 0.386 | 71  | 84  | 4.5 | 4 |

Extra Walking

**Totals** 3:30:50 14.042 2,598 3,112

