

Treadmill Trail My Birthplace to My Home

49.486%

Best

Goal

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

20 min/day
100 cal

Forward 95:06:40 380.2292 70,852 69,275

#11	Totals	97:19:38	389.081	72,471	71,116	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:05:19	0.354	64.76	73.64	4.28	4
	Set Best	1:03:01	4.201	766	816	5.5	4

306	11/1/13	0:05:34	0.371	68	81	4.5	4
307	11/2/13	0:06:04	0.404	75	88	4.5	4
308	11/3/13	0:05:11	0.345	64	75	4.5	4
309	11/4/13	0:05:41	0.378	67	83	4.5	4
310	11/5/13	0:05:49	0.387	71	85	4.5	4
311	11/6/13	0:05:01	0.334	62	73	4.5	4
312	11/7/13	0:05:02	0.335	62	73	4.5	4
313	11/8/13	0:05:04	0.337	63	74	4.5	4
314	11/9/13	0:05:03	0.336	62	73	4.5	4
315	11/10/13						
316	11/11/13	0:05:04	0.337	62	74	4.5	4
317	11/12/13	0:05:19	0.354	65	75	4	4
318	11/13/13	0:05:06	0.340	63	74	4.5	4
319	11/14/13						
320	11/15/13	0:05:08	0.342	62	66	4	4
321	11/16/13	0:05:45	0.383	69	74	4	4
322	11/17/13	0:05:02	0.335	61	65	4	4
323	11/18/13						
324	11/19/13	0:05:08	0.342	62	66	4	4
325	11/20/13	0:06:23	0.425	77	82	4	4
326	11/21/13						
327	11/22/13	0:05:10	0.344	62	66	4	4
328	11/23/13	0:05:15	0.350	63	68	4	4
329	11/24/13	0:05:30	0.366	66	71	4	4
330	11/25/13	0:05:22	0.357	65	69	4	4
331	11/26/13	0:05:01	0.334	61	65	4	4
332	11/27/13	0:05:10	0.344	62	66	4	4
333	11/28/13	0:05:02	0.335	62	73	4.5	4
334	11/29/13						
335	11/30/13	0:05:04	0.337	63	82	5	4

Brent

Mom

Dad
Kyshel

Thanksgiving



Extra Walking

Totals 2:12:58 8.852 1,619 1,841