

Moon Walk 2010 Mileage Log

Please report your weekly total every Friday.



Participant's Name: _____
Participant's Email: _____

Participant's Phone#: _____
Participant's Fax #: _____

Team Captain's Name

Team Captain's Email

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Total
WK 1 April 16 - 22								
WK 2 April 23 - 29								
WK 3 April 30 - May 6								
WK 4 May 7 - 13								
WK 5 May 14 - 20								
WK 6 May 21 - 27								
WK 7 May 28 - June 3								
WK 8 June 4 - 11								
Total Miles Walked								

Exercise Conversion into Miles

Reference: Some conversions courtesy of "Walk the Four Seasons," by Robert Sweetgall

CALCULATOR

Enter Formula Walking miles

Examples:

- If you bike 5 miles on a road or paved trail, add 1.5 miles (5 x 0.3) to your daily total
- If you do vigorous aerobic dancing for 1 hour, add 3.0 miles (1 x 3.0) to your daily total.

Steps	/2000	
Biking miles (on road or paved trail) - (miles)	x 0.3	
Off-Road Biking miles (rigorous terrain) - (miles)	x 1.5	
Aerobic Dancing (hours)	x 3.0	
Water Aerobics (hours)	x 1.5	
Canoeing/Kayaking (moderate) - (hours)	x 2.0	
Canoeing/Kayaking (vigorous) - (hours)	x 3.5	
Hiking miles (5% grade) - (miles)	x 2.0	
Running - (miles)	x 1.5	
Swimming - (miles)	x 3.0	
Rollerblading - (miles)	x 0.5	

For working out on an elliptical machine, playing tennis, golfing, mowing and most other two legged endeavors, just wear your pedometer for a one-to-one correlation.