



Moon Walk 2009 Participant's Mileage Log



Please report your weekly total to your team captain every week by _____.

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

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

Team Captain's Name

Team Captain's Email

	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Total
WK 1 Apr 3-10									
WK 2 April 11-17									
WK 3 April 18-24									
WK 4 April 25 - May 1									
WK 5 May 2-8									
WK 6 May 9-15									
WK 7 May 16-22									
WK 8 May 23-29									
WK 9 May 30 - June 5									
WK 10 June 6-12									

Exercise Conversion into Miles

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

CALCULATOR

Enter Formula Equivalent Walking miles

Examples:

1. If you bike 5 miles on a road or paved trail, add 1.5 miles (5 x 0.3) to your daily total.
2. 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.			

