



# Moon Walk 2010 Participant's Mileage Log



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

Team Captain Name: \_\_\_\_\_

Team Captain Email: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Participant's Phone#: \_\_\_\_\_

Participant's Email: \_\_\_\_\_

Participant's Fax #: \_\_\_\_\_

	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Total
<b>WK 1</b> Apr 16-22									
<b>WK 2</b> April 23-29									
<b>WK 3</b> April 30 - May 6									
<b>WK 4</b> May 7-13									
<b>WK 5</b> May 14-20									
<b>WK 6</b> May 21-27									
<b>WK 7</b> May 28- June 3									
<b>WK 8</b> June 4-11									

### 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.

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

