SUFFOLK STAY ACTIVE VIRTUAL FITNESS CHALLENGE LOG

Mile/Minute Equation for Alternative Activity: 15 min = .75 miles
Formula: _____Minutes/15 x .75
(Ex. 30 minutes/15 x .75 = 1.5 miles)

Examples of alternative activity: Heavy household work (mowing lawn, cleaning house), Basketball game, Tennis game, Bicycling, Group Exercise Program

Name				
Date	Workout	Miles	Minutes	Mile Conversion (Non-Walking/Running Activity)
				____Min/15 X .75 =_____Miles
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				____Min/15 X .75 =_____Miles
Total Distance				
Total Time				

Submit mileage/minutes for a progress update on **June 7** and completion due **June 23**. Contact Jessica Taylor at jtaylor@suffolkva.us for any questions.