

THE MILLION MILE



PLEASE USE THIS REFERENCE CHART FOR ACTIVITY CONVERSION TO MILES. THIS CHART GIVES EXAMPLES OF ACTIVITIES AND HOW MUCH TIME SPENT DOING THIS ACTIVITY IT TAKES TO EQUAL 1 MILE. THE ACTIVITIES LISTED BELOW ARE EXAMPLES AND NOT THE ONLY ACTIVITIES THAT CAN BE LOGGED. ONCE YOU HAVE CONVERTED YOUR ACTIVITY **LOG YOUR MILES!**

PHYSICAL ACTIVITY	MILEAGE FOR 30 MINUTES OF ACTIVITY
BICYCLING (MODERATE)	3 MILES
DANCING/AEROBIC FITNESS CLASS	2.5 MILES
FOOTBALL	2 MILES
KICKBOXING/KARATE	3 MILES
WALKING	1.5 MILES
GROCERY SHOP	1 MILE
HIKE (GENERAL)	2.5 MILES
TENNIS	3.5 MILES
YARD WORK (LIGHT TO MODERATE)	1.25 MILES
STAIR CLIMBING	2.75 MILES
BASKETBALL GAME	3.5 MILES
SOCCER (COMPETITIVE)	3 MILES

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STEPS TO MINUTES TO MILES CONVERSION CHART

PLEASE USE THIS REFERENCE CHART FOR **STEPS TO MINUTES TO MILES CONVERSIONS.** ONCE YOU HAVE CONVERTED YOUR ACTIVITY **LOG YOUR MILES!**

STEPS	MINUTES	MILES
500	5	0.25
2,000	20	1.00
4,000	40	2.00
5,000	50	2.50
7,000	70	3.50
10,000	100	5.00

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