

## Middle Earth Walking Challenge – JANUARY

DATE	MILE COUNT	DATE	MILE COUNT
January 1		January 17	
January 2		January 18	
January 3		January 19	
January 4		January 20	
January 5		January 21	
January 6		January 22	
January 7		January 23	
January 8		January 24	
January 9		January 25	
January 10		January 26	
January 11		January 27	
January 12		January 28	
January 13		January 29	
January 14		January 30	
January 15		January 31	
January 16			
<b>TOTAL :</b>			

If you are counting steps ~ 2000 steps = 1 mile

If you are biking ~ 4 biking miles = 1 walking mile

If you are jogging ~ 1 jogging mile = 1.5 walking miles

**LOG DUE: MAY 3<sup>rd</sup> – 7<sup>th</sup>**

## Middle Earth Walking Challenge – FEBRUARY

DATE	MILE COUNT	DATE	MILE COUNT
February 1		February 15	
February 2		February 16	
February 3		February 17	
February 4		February 18	
February 5		February 19	
February 6		February 20	
February 7		February 21	
February 8		February 22	
February 9		February 23	
February 10		February 24	
February 11		February 25	
February 12		February 26	
February 13		February 27	
February 14		February 28	
<b>TOTAL :</b>			

If you are counting steps ~ 2000 steps = 1 mile

If you are biking ~ 4 biking miles = 1 walking mile

If you are jogging ~ 1 jogging mile = 1.5 walking miles

**LOG DUE: MAY 3<sup>rd</sup> – 7<sup>th</sup>**

## Middle Earth Walking Challenge – MARCH

DATE	MILE COUNT	DATE	MILE COUNT
March 1		March 17	
March 2		March 18	
March 3		March 19	
March 4		March 20	
March 5		March 21	
March 6		March 22	
March 7		March 23	
March 8		March 24	
March 9		March 25	
March 10		March 26	
March 11		March 27	
March 12		March 28	
March 13		March 29	
March 14		March 30	
March 15		March 31	
March 16			
<b>TOTAL :</b>			

If you are counting steps ~ 2000 steps = 1 mile

If you are biking ~ 4 biking miles = 1 walking mile

If you are jogging ~ 1 jogging mile = 1.5 walking miles

**LOG DUE: MAY 3<sup>rd</sup> – 7<sup>th</sup>**

## Middle Earth Walking Challenge – APRIL

DATE	MILE COUNT	DATE	MILE COUNT
April 1		April 16	
April 2		April 17	
April 3		April 18	
April 4		April 19	
April 5		April 20	
April 6		April 21	
April 7		April 22	
April 8		April 23	
April 9		April 24	
April 10		April 25	
April 11		April 26	
April 12		April 27	
April 13		April 28	
April 14		April 29	
April 15		April 30	
<b>TOTAL :</b>			

If you are counting steps ~ 2000 steps = 1 mile

If you are biking ~ 4 biking miles = 1 walking mile

If you are jogging ~ 1 jogging mile = 1.5 walking miles

**LOG DUE: MAY 3<sup>rd</sup> – 7<sup>th</sup>**