

# MY STATS FROM AUG. – DEC. 2014

Never make light of small beginnings or even small continuing-s! They ADD up!



Type	#	Maps	Distance	Duration	Calories
Generic	34	0	0.0 mi	16.67 h	8,830 kCal
Walk	88	83	211.54 mi	55.54 h	16,102 kCal
Bike Ride	6	6	13.83 mi	1.61 h	358 kCal
Gym Workout	5	0	0.0 mi	2.5 h	1,565 kCal
Class Workout	1	0	0.0 mi	0.5 h	335 kCal
<b>Totals</b>	<b>134</b>	<b>89</b>	<b>225.37 mi</b>	<b>76.82 h</b>	<b>27,190 kCal</b>