



## Monthly Physical Activity Miles Report

Complete this form and return it to your local *Adventists InStep for Life* Coordinator. *Do not* submit this form if you are reporting online.

Name \_\_\_\_\_ Month \_\_\_\_\_

Transfer the weekly totals from your *Physical Activity Log* to determine your total physical activity miles for this month.

### Weekly Totals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Note: 2000 steps = 1 miles. You may also use the Aerobic Mile Chart on the Physical Activity Log to see how many minutes of an activity are needed to equal one aerobic mile.*

**Total:** \_\_\_\_\_

What comments/experiences you are willing to share about your activity program? What has helped you, any benefits realized, suggestions, or interesting experiences?

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