**Physical Activity Miles Group Summary**

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| **Participant Name** | **Aerobic Miles Completed for the Month** | | | | | | | | | | | | |
| Jan | Feb | Mar | Apr | May | Jun | July | Aug | Sept | Oct | Nov | Dec | Total |
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*(An MS Excel spread sheet is also available for keeping records and it will keep totals for you automatically.*

*Download from www.AdventistsInStepforLife.org.)*