



TREAD'N MILES

FOR A HEALTHY HEART

Team Competition

TEAM # _____ **TEAM NAME** _____

***GET THREE PEOPLE FOR A HEALTHY HEART TEAM**

***MILES CAN BE ATTAINED ON TREADMILLS, STATIONARY BIKES, STAIR STEPPERS, ELIPTICAL, ROW MACHINES, AND GROUP EXERCISE CLASSES.**

*** 1 MILE ON (A) TREADMILL IS THE STANDARD "TREAD'N MILE".**

EQUIVALENTS TO THE TREAD'N MILE ARE...

(B) 3 MILES ON A STATIONARY BIKE

(C) 1 MILE ON THE REEBOK BODY TREC ELIPTICAL

(D) 50 FLOORS ON CLIMBMAX 6000 STAIR STEPPER

(E) 1 MILE ON STAIRMASTER 4000PT STAIR STEPPERS

(F) 30 FLOORS ON STAIRMASTER 7000 PT STEPMILL

(G) 100 CALORIES ON ROW MACHINES

(H) 15 MIN OF CARDIO (NOT STRENGTH TRAINING) IN A GROUP EXERCISE CLASS

***(RECORD YOUR CHOICE OF ACTIVITY ON THE CHARTS BY USING THE LETTERS)**

***A MAXIMUM OF 4 MILES CAN BE EARNED EACH DAY PER PERSON**

***MILES WILL BE ROUNDED DOWN TO THE NEAREST 1/2 MILE EACH DAY**

***2 MILES CAN BE EARNED BY ATTENDING THE HEALTHY HEART BREAKFAST ON 2/18**

Team Member 1: _____

DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES	DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES
2/2			2/16	CLOSED PRESIDENTS DAY	
2/3			2/17		
2/4			2/18		
2/5			2/19		
2/6			2/20		
Week total			Week total		
2/9			2/23		
2/10			2/24		
2/11			2/25		
2/12			2/26		
2/13			2/27		
Week total			Week total		

Team Member 2: _____

DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES	DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES
2/2			2/16	CLOSED PRESIDENTS DAY	
2/3			2/17		
2/4			2/18		
2/5			2/19		
2/6			2/20		
Week total			Week total		
2/9			2/23		
2/10			2/24		
2/11			2/25		
2/12			2/26		
2/13			2/27		
Week total			Week total		

Team Member 3: _____

DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES	DAY	ACTIVITY & MILES/FLOORS/CAL	TREAD'N MILES
2/2			2/16	CLOSED PRESIDENTS DAY	
2/3			2/17		
2/4			2/18		
2/5			2/19		
2/6			2/20		
Week total			Week total		
2/9			2/23		
2/10			2/24		
2/11			2/25		
2/12			2/26		
2/13			2/27		
Week total			Week total		