

#MilesandMinutes

1250 steps = 1 kilometer
15 minutes = 1 kilometer

2000 steps = 1 mile
20 minutes = 1 mile

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Oct 1	2	3 Healthy-Body Happy-Mind Zoom Event 4 pm EDT
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Heart & Soul Book Chat with Catherine Gildiner 7 pm EDT	28	29	30	31
Nov 1	2	3	4	5	6 Circumference of the earth 25,000 miles 40,000 kilometers	7