

#MilesandMinutes

1250 steps = 1 kilometer
15 minutes = 1 kilometer

2000 steps = 1 mile
20 minutes = 1 mile

June 2020

< Today >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Jun 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Jul 1	Circumference of the earth 25,000 miles 40,000 meters		

THE WALKING
Book Club 