

# MY "TREK TO THE TOMB" MILES

NAME \_\_\_\_\_

REPORT WEEKLY MILES TO [maria.lichtsinn@psd-lcms.org](mailto:maria.lichtsinn@psd-lcms.org)  
OR ANDI AT 714 / 288 – 4432

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
WK 1						Jan 1	Jan 2	
WK 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	
WK 3	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	
WK 4	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	
WK 5	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	
WK 6	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	
WK 7	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	
WK 8	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	
WK 9	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	
WK 10	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	
WK 11	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	
WK 12	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	
WK 13	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	
WK 14	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	
WK 15	Apr 4							

# MY "TREK TO THE TOMB" MILES

NAME \_\_\_\_\_

REPORT WEEKLY MILES TO [maria.lichtsinn@psd-lcms.org](mailto:maria.lichtsinn@psd-lcms.org)  
OR ANDI AT 714 / 288 – 4432

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
WK 1						Jan 1	Jan 2	
WK 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	
WK 3	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	
WK 4	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	
WK 5	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	
WK 6	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	
WK 7	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	
WK 8	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	
WK 9	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	
WK 10	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	
WK 11	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	
WK 12	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	
WK 13	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	
WK 14	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	
WK 15	Apr 4							

# MY "TREK TO THE TOMB" MILES

NAME \_\_\_\_\_

REPORT WEEKLY MILES TO [maria.lichtsinn@psd-lcms.org](mailto:maria.lichtsinn@psd-lcms.org)  
OR ANDI AT 714 / 288 – 4432

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
WK 1						Jan 1	Jan 2	
WK 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	
WK 3	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	
WK 4	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	
WK 5	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	
WK 6	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	
WK 7	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	
WK 8	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	
WK 9	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	
WK 10	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	
WK 11	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	
WK 12	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	
WK 13	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	
WK 14	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	
WK 15	Apr 4							

# MY "TREK TO THE TOMB" MILES

NAME \_\_\_\_\_

REPORT WEEKLY MILES TO [maria.lichtsinn@psd-lcms.org](mailto:maria.lichtsinn@psd-lcms.org)  
OR ANDI AT 714 / 288 – 4432

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
WK 1						Jan 1	Jan 2	
WK 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	
WK 3	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	
WK 4	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	
WK 5	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	
WK 6	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	
WK 7	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	
WK 8	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	
WK 9	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	
WK 10	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	
WK 11	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	
WK 12	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	
WK 13	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	
WK 14	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	
WK 15	Apr 4							

## WHAT COUNTS AS A MILE?

20 MINUTES OF CONTINUOUS EXERCISE  
SUCH AS

- 20 MINUTES VIGOROUS WALKING = 1 MILE
- ONE HOUR DANCE CLASS = 3 MILES
- ONE HOUR BASKETBALL PRACTICE = 3 MILES
- GYM CLASS = 1 MILE

### PERSONAL STATISTICS

PRE - TOUR	MY GOALS	POST- TOUR
HEIGHT		
WEIGHT		
BMI		
BP		
BLOOD SUGAR		
CHOLESTEROL		

## WHAT COUNTS AS A MILE?

20 MINUTES OF CONTINUOUS EXERCISE  
SUCH AS

- 20 MINUTES VIGOROUS WALKING = 1 MILE
- ONE HOUR DANCE CLASS = 3 MILES
- ONE HOUR BASKETBALL PRACTICE = 3 MILES
- GYM CLASS = 1 MILE

### PERSONAL STATISTICS

PRE - TOUR	MY GOALS	POST- TOUR
HEIGHT		
WEIGHT		
BMI		
BP		
BLOOD SUGAR		
CHOLESTEROL		

## WHAT COUNTS AS A MILE?

20 MINUTES OF CONTINUOUS EXERCISE  
SUCH AS

- 20 MINUTES VIGOROUS WALKING = 1 MILE
- ONE HOUR DANCE CLASS = 3 MILES
- ONE HOUR BASKETBALL PRACTICE = 3 MILES
- GYM CLASS = 1 MILE

### PERSONAL STATISTICS

PRE - TOUR	MY GOALS	POST- TOUR
HEIGHT		
WEIGHT		
BMI		
BP		
BLOOD SUGAR		
CHOLESTEROL		

## WHAT COUNTS AS A MILE?

20 MINUTES OF CONTINUOUS EXERCISE  
SUCH AS

- 20 MINUTES VIGOROUS WALKING = 1 MILE
- ONE HOUR DANCE CLASS = 3 MILES
- ONE HOUR BASKETBALL PRACTICE = 3 MILES
- GYM CLASS = 1 MILE

### PERSONAL STATISTICS

PRE - TOUR	MY GOALS	POST- TOUR
HEIGHT		
WEIGHT		
BMI		
BP		
BLOOD SUGAR		
CHOLESTEROL		