

The YMCA Arctic Expedition

How to track:

Write down your activities and miles for each day.

Cut out each week and hand it to the front desk with **your name** and **team name**.



Mileage Calculations: **Swimming, Water Exercise Class, Fitness Class (excluding group cycling) Weight Lifting:**

1 hour = 20 miles / 45 min = 15 miles / 30 min = 10 miles.

Group Cycling: use bike computer calculation.

Elliptical, Treadmill, Step Mill, etc.: use equipment console calculation.

Running/Walking/Skiing/Snowshoeing: calculate actual miles.



YMCA Arctic Expedition Log: Nov. 20-26		
Name:		Team:
Date	Activities	Miles
11/20/17		
11/21/17		
11/22/17		
11/23/17		
11/24/17		
11/25/17		
11/26/17		

YMCA Arctic Expedition Log: Nov. 27- Dec 3		
Name:		Team:
Date	Activities	Miles
11/27/17		
11/28/17		
11/29/17		
11/30/17		
12/1/17		
12/2/17		
12/3/17		

YMCA Arctic Expedition Log: Dec. 4-10		
Name:		Team:
Date	Activities	Miles
12/4/17		
12/5/17		
12/6/17		
12/7/17		
12/8/17		
12/9/17		
12/10/17		

YMCA Arctic Expedition Log: Dec. 11-17		
Name:		Team:
Date	Activities	Miles
12/11/17		
12/12/17		
12/13/17		
12/14/17		
12/15/17		
12/16/17		
12/17/17		

YMCA Arctic Expedition Log: Dec. 18-24		
Name:		Team:
Date	Activities	Miles
12/18/17		
12/19/17		
12/20/17		
12/21/17		
12/22/17		
12/23/17		
12/24/17		

YMCA Arctic Expedition Log: Dec 25- 31		
Name:		Team:
Date	Activities	Miles
12/25/17		
12/26/17		
12/27/17		
12/28/17		
12/29/17		
12/30/17		
12/31/17		

