

Date	Exercise	Duration in minutes	Distance in miles	Estimated Calories Burned
1/28/2018	Walking	30	1.5	160
	Total	30	1.5	160
1/29/2018	Elipitcal Warmup	15		150
	HIIT Routine	20		200
	Lunch Run	32	2.5	472
	Total	67		822
1/30/2018	Lunch Ruck (60# pack)	36	2.3	475
	Total	36	2.3	475
2/1/2018	Ruck (60# pack)	50	3.01	957
	Total	50	3.01	957
2/2/2018	HIIT Routine	20		200
	Elipitcal	30		250
	Total	50	0	450
2/3/2018	Walking	97	2.5	439
	Ruck (65# Pack)			
	Total	97	2.5	439
	Weekly Totals	133	3.8	2864