



Mile-Per-Day Challenge

Choose from the list of different aerobic activities below each day and complete the minimum minutes to equal one mile. Aim to complete one mile per day. Use the tracking sheet provided to record your miles.

Activity Level	Activities	Minutes to Equal 1 Mile
Light Activity	Walking (less than 3 mph), gardening, bowling, painting, car washing, fishing, golf (walking), slow treading in pool, housework	20 minutes of activity = 1 mile
Moderate Activity	Walking (3+ mph), softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing (easy), yoga, ice skating, swimming (recreational), water aerobics	15 minutes of activity = 1 mile
Vigorous Activity	Running, exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.), basketball, soccer, cross country skiing, martial arts, boxing, chopping wood, swimming fast laps, competitive dancing	10 minutes of activity = 1 mile