

WAT Conversion Chart

Use conversion ONLY when the activity is for the sake of fitness.

Activity	Time = 1 mile
Aerobics	20 min.
Basketball	15 min.
Bicycling	15 min.
Boxing	7 min.
Circuit Training	12 min.
Dancing	15 min.
Elliptical	1 mile = 1 mile
Pilates	20 min.
Racquetball	13.5 min
Rowing	20 min.
Running	1 mile = 1 mile
Spinning (bike)	15 min.
Swimming (laps)	12 min.
Tai Chi	24 min.
Tennis	12 min.
Treadmill	1 mile = 1 mile
Water Aerobics	24 min.
Weight Lifting	13 min.
Yoga	24 min.
Zumba	20 min.

Record miles on the back using the calendar.
Start tracking miles on September 23, 2019.

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Report miles each **MONDAY** by 5 p.m.

2019 SEPTEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2	3	4	5

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2019 OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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	31	1	2

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2019 NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	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

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<https://extension.tennessee.edu/WATdyer>

*The green diamond is the final day for mile submission. Week 6 must be reported by 5 p.m.

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