Millard County Wellness Challenge 50 Mile Club
1 small sq = 440 yards - 1/4 mile
Miles Converted to Minutes:

Activity	1 sq = min	4 sq = min	Activity	1 sq = min	4 sq = min	Activity	1 sq = min	4 sq = min
Aerobics	4	16	Golf, Carrying Clubs	4	16	Running, 12 Min Mile	3	12
Archery	5	20	Golf, Cart	7	28	Scuba Diving	2.5	10
Backpacking Up Hill	2	8	Gymnastics	6	24	Shoveling Snow	4	16
Badminton	4	16	Handball	2	8	Skiing, Cross Country	3	12
Baseball	5	20	Hiking, General	3	12	Skiing, Downhill	4	16
Baskeball, Game	3	12	Hiking, Uphill	2.5	10	Sledding	2.5	10
Basketball, Rec	4	16	Hockey	3	12	Snow Shoeing	3	12
Bicycling, 10 Mph Easy	4	16	Horseback Riding, General	5	20	Soccer, Recreational	4	16
Bicycling, 13 Mph, Mod	3	12	Ice Skating	3	12	Softball	3.5	14
Bicycling 15 Mph Vigorous	2	8	Jogging	3	12	Spinning Class	2	8
Billiards/Pool	7	28	Jumping Rope, Mod.	2	8	Stair Climbing, Leisurely	7	28
Bowling	6	24	Jumping Rope, Slow	3	12	Stari Climbing, Vig.	2	8
Boxing, Non Competetive	4	16	Kayaking	3.5	14	Stretching	7	28
Boxing, Competetive	2	8	Line Dancing	4	16	Swimming, Leisurely	4	16
Calishtenics	5	20	Martial Arts	2	8	Swimming Laps, Mod	2.5	10
Canoeing	5	20	Miniture Golf	6	24	Swimming Laps, Vig.	2	8
Chopping Wood	4	16	Mowing (Push Mower)	3	12	Tai Chi	4	16
Circuit Training, General	3	12	Mopping	5	20	Tennis, Singles	3	12
Cleaning House	7	28	Painting	5	20	Tennis, Doubles	4	16
Climbing, Rock or Mtn.	2	8	Pilates	5	20	Vacuuming	6	24
Dancing Aerobic	4	16	Ping Pong	4	16	Volleyball	6	24
Dancing, General	5	20	Punching Bag	3	12	Walking, 2 Mph	7	28
Elliptical Machine	2	8	Racquetball, Moderate	3	12	Walking, 3 Mph	5	20
Fencing	4	16	Rock Climbing	2	8	Walking, 4.5 Mph	3.5	14
Fishing, Sitting	6	24	Rollerblading/Skating	3	12	Washing Car	5	20
Fitness Class Low Impact	3.5	14	Rowing Machin, Mod.	4.5	18	Water Aerobics	6	24
Fitness Class High Impact	2.5	10	Rowing Machine Vig.	3	12	Wight Lifting	4	16
Football	3	12	Rugby	2	8	Yard Work	5	20
Frisbee	8	32	Running, 8 Min Mile	2	8	Yoga	6	24
Gardening	4	16	Running, 10 Min Mile	2.5	10			