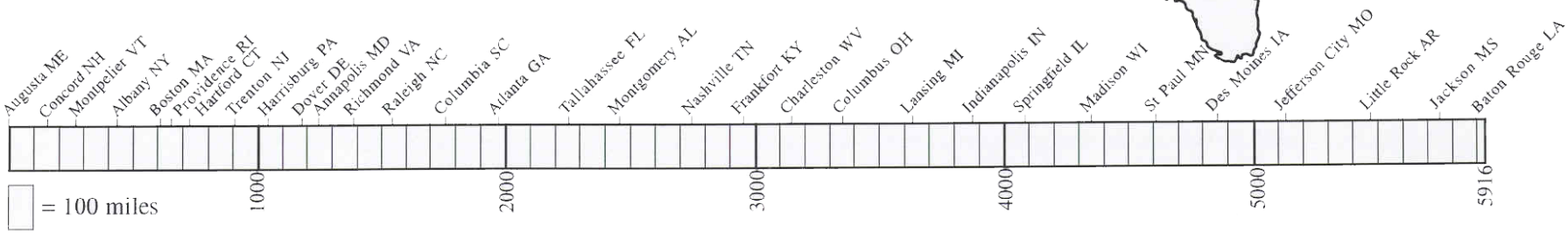
exercise america

Name: _____

Mileage Key

To determine your mileage each day:

- **Occasional –** multiply exercise minutes by 20; for example, if you exercise for 30 minutes, your mileage would be 600 (30 x 20)
- **Regular –** multiply exercise minutes by 14
- **Advanced –** multiply exercise minutes by 11.



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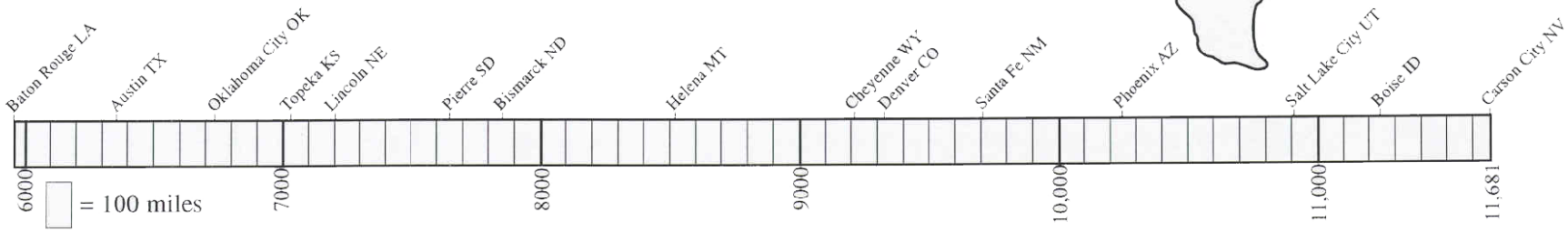

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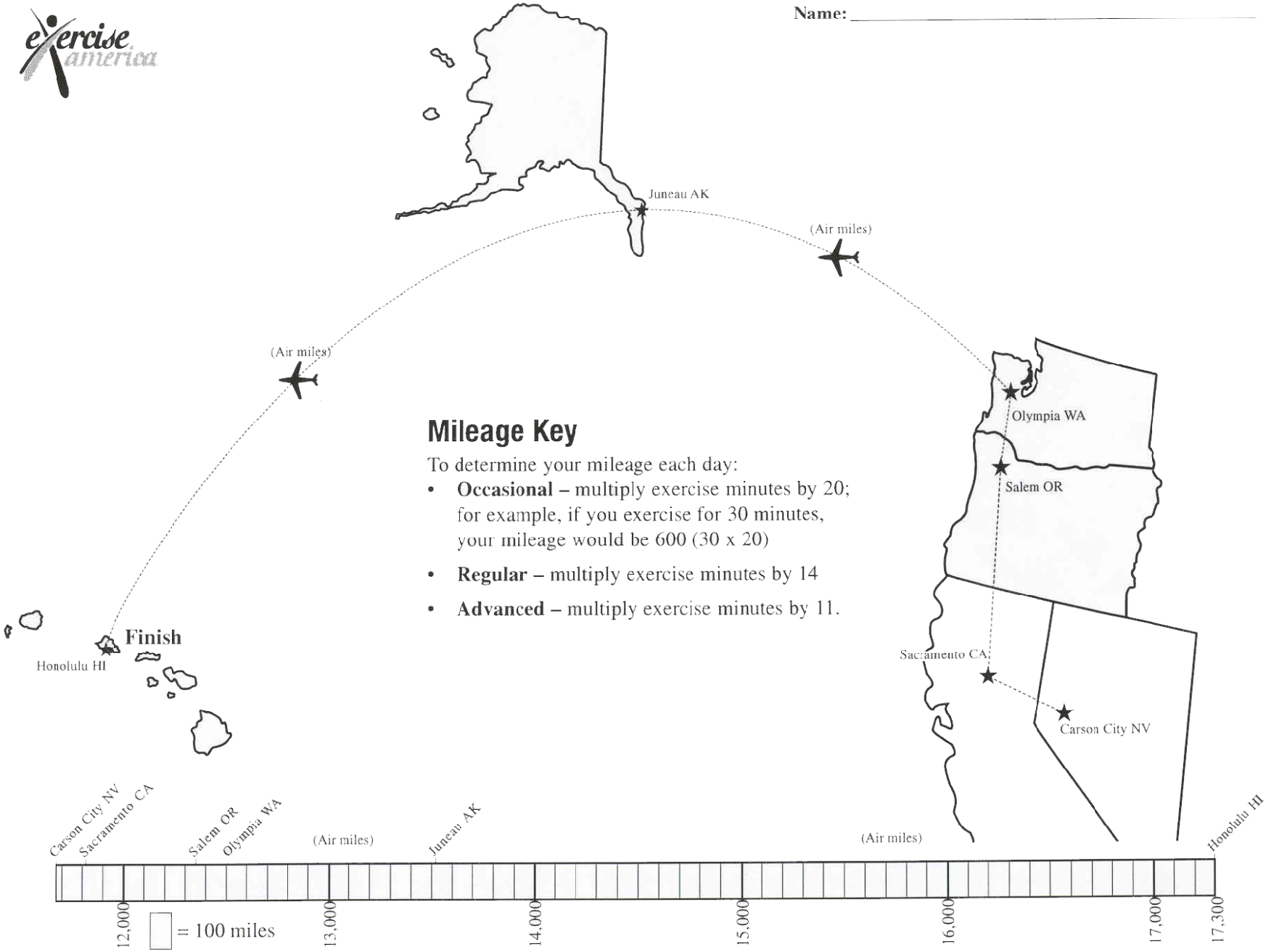

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