

Weight workouts should be recorded in sets and sessions. Add all the sets and sessions completed for the month and send it to e.kullman@csuohio.edu.

All aerobic activities are converted to miles using the following conversion for miles or time of activity. If you have any questions about the conversion please email e.kullman@csuohio.edu.

<u>Activity</u>	<u>Miles or Time = One Mile</u>
Running-jogging	1 mile
Swimming	1/4 mile
Walking-hiking	1 mile
Bicycling	3 miles
X-country skiing	1 mile
Racquetball	20 minutes
Tennis	20 minutes
Basketball	20 minutes
Rope skipping	10 minutes
Golf	walking 9 holes
Volleyball	30 minutes
Aerobic dance	15 minutes
Skating	15 minutes
Stationary cycling	15 minutes
Elliptical	20 minutes
Grass cutting (walking)	15 minutes