



## WALKER'S LOG

To keep track of the distance each walker walks, please refer to the chart below.

The numbers shown equal how many steps it takes to walk *one quarter of a mile* and how long it takes to walk *one quarter of a mile*. It is assumed people are walking at a vigorous pace to achieve the greatest benefit from their walk.

These numbers are based on averages and you may want to modify your chart to account for your individual stride length and walking speed.

AGE	NUMBER OF STEPS TO WALK ¼ MILE	NUMBER OF MINUTES TO WALK ¼ MILE
5 - 8	1000	10 minutes
9 - 12	750	7 minutes
13 +	500	5 minutes

Miles in each state along the Appalachian Trail:

Maine	281	Pennsylvania	229
New Hampshire	161	Maryland	41
Vermont	150	West Virginia	4
Massachusetts	90	Virginia	550
Connecticut	52	Tennessee	293
New York	88	North Carolina	88
New Jersey	72	Georgia	75

**TOTAL: 2174**

