

	A	B	C	D	E	F	G	H	I
1	Your Name:			Current Date:					
2									
3	Conversion rate between Miles and Kilometres								
4	1 mile= 1.60934 Kilometres				Starting pedometer kilometres:				
5					22343				
6									
7	Date:	Kilometres for trip:	Miles covered:	Time taken (hours):	Pedometer (after each Trip Km)	Speed (MPH):	Checkpoint:	Checkpoint Inspector Name:	Faster or Slower than average MPH?
8	07/08/2020	424		2.4			4		
9	14/08/2020	201		3.2			0		
10	21/08/2020	515		2.8			2		
11	28/08/2020	584		3.1			1		
12	04/09/2020	382		3.8			2		
13	11/09/2020	457		2.4			4		
14	18/09/2020	195		4.3			3		
15	25/09/2020	524		3.7			4		
16	02/10/2020	617		2.5			1		
17	09/10/2020	646		2.2			3		
18	16/10/2020	571		4.1			0		
19	23/10/2020	402		4.4			2		
20	30/10/2020	694		3.9			1		
21									
22	TOTAL KILOMETRES:								
23	TOTAL MILES:								
24									
25	Average MPH:								
26	Fastest MPH:								
27	Slowest MPH:								
28									
29				Inspection Details					
30	No. of inspections:			Checkpoint:	Checkpoint Inspector Name:				
31				0	No inspection				
32				1	Karen Smilesbetter				
33				2	Johnny McDonald				
34				3	Ling Patel				
35				4	Brilliant Omgona				