

2010 Pedometer Chart for Donald M. Parrish, Jr.

10,000 Steps = 4.72 Miles = 300 Calories

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1	12,145	12,252	7,030	10,802	11,709	12,601	12,420	11,266	11,077	4,732	6,795	10,496
2	15,750	10,493	9,833	12,179	5,606	12,563	5,623	10,044	11,174	12,492	4,940	14,420
3	15,254	11,728	8,104	12,775	8,392	10,723	11,329	11,224	10,421	17,079	5,881	10,322
4	10,426	13,296	8,510	10,874	16,737	10,163	16,158	10,105	11,117	11,054	1,645	10,508
5	10,040	10,309	7,614	11,040	10,891	5,797	10,109	11,033	10,451	10,315	12,256	11,050
6	11,053	11,702	4,873	10,237	21,083	12,962	10,415	8,580	10,236	10,266	15,142	9,813
7	10,494	10,139	4,902	10,176	17,912	10,267	8,282	10,661	10,133	10,272	10,406	11,581
8	5,709	11,109	7,392	10,893	12,724	10,174	10,239	10,139	10,342	12,190	13,923	12,313
9	12,090	10,355	11,759	13,173	14,211	10,089	11,808	10,083	11,904	11,433	10,507	10,466
10	10,062	13,436	11,663	13,202	3,951	7,195	10,810	8,788	6,875	14,641	7,559	10,369
11	10,229	14,461	6,966	11,275	4,296	10,840	10,063	10,109	7,204	5,597	11,013	12,557
12	11,012	10,676	6,111	11,328	10,994	12,223	10,310	10,731	5,148	20,039	16,964	14,295
13	10,494	8,766	11,900	11,811	10,068	11,077	13,167	5,093	12,108	10,312	12,507	12,149
14	10,070	7,503	11,773	13,679	11,080	10,211	11,171	12,284	15,447	11,316	11,295	11,389
15	10,308	11,053	12,491	10,296	12,069	10,261	10,028	10,170	12,257	8,285	10,060	10,795
16	10,585	10,445	13,004	10,157	3,309	10,347	10,025	10,515	10,225	12,450	8,778	6,351
17	11,179	9,989	16,453	10,718	6,574	5,050	12,152	10,247	6,796	10,273	7,401	11,264
18	10,791	10,545	17,127	10,068	13,977	10,763	15,069	10,381	11,785	16,539	10,518	12,666
19	10,370	10,650	11,427	10,292	24,975	3,842	10,026	10,172	5,172	5,702	14,213	11,568
20	11,378	2,738	5,032	11,502	16,351	12,659	10,064	7,495	10,563	7,198	11,430	7,427
21	3,428	7,750	3,548	11,373	15,799	11,573	10,014	10,768	11,469	13,090	10,309	8,056
22	12,328	14,524	4,915	10,218	20,363	10,265	5,947	10,761	10,678	7,261	10,501	10,610
23	12,525	7,551	12,274	11,715	16,794	10,536	6,675	10,110	10,660	7,384	13,326	5,194
24	11,082	6,204	1,622	12,204	5,346	10,071	19,186	10,162	10,627	8,747	10,247	11,654
25	10,468	9,291	11,154	1,971	2,124	5,872	7,698	10,130	11,747	9,847	10,186	16,541
26	11,863	11,264	5,706	5,971	10,373	12,167	11,293	10,199	12,206	11,481	10,627	6,279
27	10,991	7,823	16,922	11,000	7,362	14,018	13,028	10,316	10,266	5,770	11,140	10,805
28	10,261	8,781	17,372	16,392	9,004	10,420	6,657	10,239	10,446	15,512	11,194	3,805
29	9,680		12,887	12,221	8,369	10,410	5,824	14,788	10,307	10,156	10,381	12,452
30	5,136		18,540	13,516	10,056	10,152	5,745	13,516	5,042	8,237	10,405	8,243
31	8,834		15,129		4,243		8,152	3,797		12,983		5,829

Average Daily Results for each month

Steps	10,517	10,173	10,130	11,102	11,185	10,176	10,306	10,126	10,129	10,731	10,385	10,363
Miles	4.96	4.80	4.78	5.24	5.28	4.80	4.86	4.78	4.78	5.06	4.90	4.89
Minute	84	82	81	89	90	82	83	81	81	86	83	83