<u>Date</u> <u>February -</u> <u>April 2022</u>	STRIDES For Diabetes Awareness Activity Tracker	Activity Miles (see miles converter tab)	Activity Minutes (15 min. increments)
	15 minutes = .75 miles	.75 miles	15 minutes
	Approximately 2,000 steps = 1 mile	1 mile	na
Any Activities You choose	Examples: Ski, Swim, Dance, Run, Yoga, Skate, Treadmill, Shovel Snow, etc		
2/1/2022			
4/30/2022	Be Aware - Be Safe		