| Date <br> February April 2022 | STRIDES For Diabetes Awareness Activity Tracker | Activity Miles (see miles converter tab) | $\frac{\text { Activity Minutes }}{\frac{(15 \text { min. }}{\text { increments) }}}$ |
| :---: | :---: | :---: | :---: |
|  | 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 |  |  |  |
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| 4/30/2022 |  |  |  |
|  | Be Aware - Be Safe |  |  |

