

iAMHealthy&Fit - BIKE RIDES

BIKE RIDES	DISTANCE	DATE					
<b>Bike Ride #247</b>	20.2	4/17/16					
<b>Bike Ride #246</b>	53.4	4/16/16					
<b>Bike Ride #245</b>	30.1	4/14/16					
<b>Bike Ride #244</b>	35.4	4/10/2016					
<b>Bike Ride #243</b>	36.6	4/9/2016					
<b>Bike Ride #242</b>	30.02	4/7/2016					
<b>Bike Ride #241</b>	36.4	3/27/2016					
<b>Bike Ride #240</b>	36.1	3/26/2016					
<b>Bike Ride #239</b>	37.6	3/25/2016					
<b>Bike Ride #238</b>	55.1	3/20/2016					
<b>Bike Ride #237</b>	50.00	3/19/2016					
<b>Bike Ride #236</b>	55.3	3/13/2016					
<b>Bike Ride #235</b>	45.5	3/12/2016					
<b>Bike Ride #234</b>	30.1	3/10/2016					
<b>Bike Ride #233</b>	30.00	3/6/2016					
<b>Bike Ride #232</b>	50.2	3/5/2016					
<b>Bike Ride #231</b>	30.1	3/4/2016					
<b>Bike Ride #230</b>	40.0	2/28/2016					
<b>Bike Ride #229</b>	40.00	2/27/2016					
<b>Bike Ride #228</b>	40.00	2/26/2016					
<b>Bike Ride #227</b>	56.1	2/21/2016					
<b>Bike Ride #226</b>	44.6	2/20/2016					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #225</b>	29.2	2/14/2016					
<b>Bike Ride #224</b>	34.0	2/13/2016					
<b>Bike Ride #223</b>	30.4	2/12/2016					
<b>Bike Ride #222</b>	30.2	2/11/2016					
<b>Bike Ride #221</b>	32.0	2/7/2016					
<b>Bike Ride #220</b>	32.1	2/6/2016					
<b>Bike Ride #219.2</b>	16.0	2/5/2016					
<b>Bike Ride #219.1</b>	15.3	2/5/2016					
<b>Bike Ride #218</b>	30.8	2/4/2016					
<b>Bike Ride #217</b>	24.5	1/31/2016					
<b>Bike Ride #216</b>	33.1	1/30/2016					
<b>Bike Ride #215</b>	40.0	1/29/2016					
<b>Bike Ride #214</b>	22.0	1/28/2016					
<b>Bike Ride #213</b>	35.7	1/24/2016					
<b>Bike Ride #212</b>	31.7	1/23/2016					
<b>Bike Ride #211</b>	30.3	1/22/2016					
<b>Bike Ride #210</b>	30.1	1/21/2016					
<b>Bike Ride #209</b>	30.0	1/10/2016					
<b>Bike Ride #208</b>	25.2	1/9/2016					
<b>Bike Ride #207</b>	35.1	1/8/2016					
<b>Bike Ride #206</b>	30.1	1/7/2016					
<b>Bike Ride #205</b>	32.3	1/3/2016					
<b>Bike Ride #204</b>	60.5	1/2/2016					
<b>Bike Ride #203.2</b>	20.1	1/1/2016					
<b>Bike Ride #203.1</b>	10.4	1/1/2016					
<b>Bike Ride #202</b>	30.1	12/27/2015					

BIKE RIDES	DISTANCE	DATE					
Bike Ride #201	32.8	12/26/2015					
Bike Ride #200	30.0	12/25/2015					
Bike Ride #199	30.6	12/24/2015					
Bike Ride #198	30.4	12/20/2015					
Bike Ride #197	30.1	12/19/2015					
Bike Ride #196	30.3	12/18/2015					
Bike Ride #195	30.3	12/17/2015					
Bike Ride #194	25.2	12/13/2015					
Bike Ride #193.2	5.6	12/12/2015					
Bike Ride #193.1	30.1	12/12/2015					
Bike Ride #192	30.4	12/11/2015					
Bike Ride #191	30.4	12/10/2015					
Bike Ride #190		12/6/16	BIKE BROKE :/				
Bike Ride #189	28.2	12/5/2015					
Bike Ride #188	16.4	12/3/2015					
Bike Ride #187	30.1	11/29/2015					
Bike Ride #186	30.1	11/28/2015					
Bike Ride #185	29.5	11/27/2015					
Bike Ride #184	32.1	11/26/2015					
Bike Ride #183	30.1	11/22/2015					
Bike Ride #182	27.5	11/21/2015					
Bike Ride #181	30.3	11/20/2015					
Bike Ride #180	30.0	11/19/2015					
Bike Ride #179.2	5.5	11/15/2015					
Bike Ride #179.1	34.0	11/15/2015					
Bike Ride #178	30.7	11/14/2015					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>				
<b>Bike Ride #177</b>	32.4	11/13/2015				
<b>Bike Ride #176</b>	28.4	11/12/2015				
<b>Bike Ride #175</b>	50.1	11/8/2015				
<b>Bike Ride #174</b>	41.2	11/7/2015				
<b>Bike Ride #173</b>	30.0	11/5/2015				
<b>Bike Ride #172</b>	35.1	10/25/2015				
<b>Bike Ride #171</b>	19.2	10/24/2015				
<b>Bike Ride #170</b>	30.9	10/23/2015				
<b>Bike Ride #169</b>	25.1	10/22/2015				
<b>Bike Ride #168</b>	33.1	10/18/2015				
<b>Bike Ride #167</b>	31.3	10/17/2015				
<b>Bike Ride #166</b>	25.2	10/16/2015				
<b>Bike Ride #165.2</b>	6.7	10/15/2015				
<b>Bike Ride #165.1</b>	23.7	10/15/2015				
<b>Bike Ride #164</b>	31.1	10/11/2015				
<b>Bike Ride #163</b>	30.4	10/10/2015				
<b>Bike Ride #162</b>	27.8	10/9/2015				
<b>Bike Ride #161</b>	33.0	10/8/2015				
<b>Bike Ride #160</b>	30.1	10/4/2015				
<b>Bike Ride #159</b>	32.8	10/3/2015				
<b>Bike Ride #158</b>	30.0	10/2/2015				
<b>Bike Ride #157</b>	20.6	10/1/2015				
<b>Bike Ride #156</b>	20.1	9/27/2015				
<b>Bike Ride #155</b>	30.0	9/26/2015				
<b>Bike Ride #154</b>	30.3	9/25/2015				
<b>Bike Ride #153</b>	30.7	9/24/2015				

BIKE RIDES	DISTANCE	DATE					
Bike Ride #152	40.0	9/20/2015					
Bike Ride #151	31.1	9/19/2015					
Bike Ride #150	31.0	9/17/2015					
Bike Ride #149	30.0	9/13/2015					
Bike Ride #148	34.7	9/12/2015					
Bike Ride #147	30.1	9/11/2015					
Bike Ride #146	31.0	9/10/15	(map my ride)				
Bike Ride #145	20.4	9/6/2015					
Bike Ride #144	34.9	9/5/2015					
Bike Ride #143	26.0	9/4/2015					
Bike Ride #142	30.6	9/3/2015					
Bike Ride #141	30.1	8/30/2015					
Bike Ride #140	32.3	8/29/2015					
Bike Ride #139	30.3	8/28/2015					
Bike Ride #138	30.2	8/27/2015					
Bike Ride #137	31.8	8/16/2015					
Bike Ride #136	30.1	8/15/2015					
Bike Ride #135	35.1	8/14/2015					
Bike Ride #134	25.1	8/11/2015					
Bike Ride #133.2	5.4	8/9/2015					
Bike Ride #133.1	11.0	8/9/2015					
Bike Ride #132	30.6	8/8/2015					
Bike Ride #131	30.1	8/7/2015					
Bike Ride #130	30.6	8/6/2015					
Bike Ride #129	20.4	8/2/2015					
Bike Ride #128	35.0	8/1/2015					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #127</b>	20.0	7/31/2015					
<b>Bike Ride #126</b>	30.1	7/30/2015					
<b>Bike Ride #125</b>	31.9	7/26/2015					
<b>Bike Ride #124</b>	31.6	7/25/2015					
<b>Bike Ride #123</b>	30.0	7/24/2015					
<b>Bike Ride #122</b>	31.0	7/23/2015					
<b>Bike Ride #121</b>	36.0	7/19/2015					
<b>Bike Ride #120</b>	34.1	7/18/2015					
<b>Bike Ride #119</b>	20.0	7/17/2015					
<b>Bike Ride #118</b>	30.0	7/16/2015					
<b>Bike Ride #117</b>	30.0	7/12/2015					
<b>Bike Ride #116</b>	32.9	7/11/2015					
<b>Bike Ride #115</b>	30.1	7/10/2015					
<b>Bike Ride #114</b>	30.0	7/9/2015					
<b>Bike Ride #113.2</b>	8.2	7/5/2015					
<b>Bike Ride #113.1</b>	15.0	7/5/2015					
<b>Bike Ride #112</b>	31.9	7/4/2015					
<b>Bike Ride #111</b>	35.2	7/3/2015					
<b>Bike Ride #110</b>	30.0	7/2/2015					
<b>Bike Ride #109</b>	33.0	6/28/2015					
<b>Bike Ride #108</b>	31.7	6/27/2015					
<b>Bike Ride #107</b>	30.2	6/26/2015					
<b>Bike Ride #106.2</b>	10.0	6/25/2015					
<b>Bike Ride #106.1</b>	23.0	6/25/2015					
<b>Bike Ride #105</b>	31.4	6/21/2015					
<b>Bike Ride #104</b>	30.0	6/20/2015					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #103</b>	20.6	6/19/2015					
<b>Bike Ride #102</b>	40.1	6/18/2015					
<b>Bike Ride #101</b>	11.0	6/7/2015					
<b>Bike Ride #100</b>	40.0	6/6/2015					
<b>Bike Ride #99</b>	40.0	6/4/2015					
<b>Bike Ride #98</b>	60.1	5/31/2015					
<b>Bike Ride #97</b>	60.0	5/30/2015					
<b>Bike Ride #96</b>	36.0	5/24/2015					
<b>Bike Ride #95</b>	55.3	5/23/2015					
<b>Bike Ride #94</b>	30.0	5/21/2015					
<b>Bike Ride #93</b>	31.0	5/17/2015					
<b>Bike Ride #92</b>	50.0	5/16/2015					
<b>Bike Ride #91</b>	20.0	5/15/2015					
<b>Bike Ride #90</b>	41.6	5/10/2015					
<b>Bike Ride #89</b>	40.2	5/9/2015					
<b>Bike Ride #88</b>	40.0	5/8/2015					
<b>Bike Ride #87</b>	50.2	5/3/2015					
<b>Bike Ride #86</b>	50.1	5/2/2015					
<b>Bike Ride #85</b>	20.2	4/29/2015					
<b>Bike Ride #84</b>	32.2	4/26/2015					
<b>Bike Ride #83</b>	40.1	4/25/2015					
<b>Bike Ride #82</b>	50.1	4/24/2015					
<b>Bike Ride #81</b>	60.0	4/19/2015					
<b>Bike Ride #80</b>	61.0	4/18/2015					
<b>Bike Ride #79</b>	40.1	4/12/2015					
<b>Bike Ride #78</b>	50.1	4/11/2015					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #77</b>	30.1	4/9/2015					
<b>Bike Ride #76</b>	53.1	3/29/2015					
<b>Bike Ride #75</b>	20.6	3/28/2015					
<b>Bike Ride #74</b>	50.1	3/27/2015					
<b>Bike Ride #73</b>	20.0	3/22/2015					
<b>Bike Ride #72</b>	50.9	3/21/2015					
<b>Bike Ride #71</b>	50.1	3/19/2015					
<b>Bike Ride #70</b>	41.3	3/15/2015					
<b>Bike Ride #69</b>	40.0	3/14/2015					
<b>Bike Ride #68</b>	30.0	3/13/2015					
<b>Bike Ride #67</b>	30.0	3/8/2015					
<b>Bike Ride #66</b>	50.0	3/7/2015					
<b>Bike Ride #65</b>	30.9	3/6/2015					
<b>Bike Ride #64</b>	30.0	3/1/2015					
<b>Bike Ride #63</b>	53.0	2/28/2015					
<b>Bike Ride #62</b>	32.9	2/27/2015					
<b>Bike Ride #61</b>	20.1	2/22/2015					
<b>Bike Ride #60</b>	60.1	2/21/2015					
<b>Bike Ride #59</b>	30.3	2/19/2015					
<b>Bike Ride #58</b>	87.2	2/14/2015					
<b>Bike Ride #57</b>	30.2	2/13/2015					
<b>Bike Ride #56</b>	50.1	2/8/2015					
<b>Bike Ride #55</b>	50.0	2/7/2015					
<b>Bike Ride #54.2</b>	10.0	2/4/2015					
<b>Bike Ride #54.1</b>	10.9	2/4/2015					
<b>Bike Ride #53</b>	26.9	2/1/2015					



<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #52</b>	46.1	1/31/2015					
<b>Bike Ride #51</b>	50.3	1/29/2015					
<b>Bike Ride #50</b>	60.0	1/17/2015					
<b>Bike Ride #49</b>	60.0	1/15/2015					
<b>Bike Ride #48</b>	16.8	1/11/2015					
<b>Bike Ride #47</b>	54.3	1/10/2015					
<b>Bike Ride #46</b>	50.1	1/8/2015					
<b>Bike Ride #45</b>	7.0	1/4/2015					
<b>Bike Ride #44</b>	16.9	1/4/2015					
<b>Bike Ride #43</b>	100.2	1/1/2015					
<b>Bike Ride #42</b>	26.0	12/28/2014					
<b>Bike Ride #41</b>	50.3	12/27/2014					
<b>Bike Ride #40</b>	54.0	12/26/2014					
<b>Bike Ride #39</b>	21.2	12/21/2014					
<b>Bike Ride #38</b>	42.1	12/20/2014					
<b>Bike Ride #37</b>	50.0	12/18/2014					
<b>Bike Ride #36</b>	30.0	12/14/2014					
<b>Bike Ride #35</b>	31.7	12/13/2014					
<b>Bike Ride #34</b>	55.1	12/11/2014					
<b>Bike Ride #33</b>	21.1	12/7/2014					
<b>Bike Ride #32</b>	50.0	12/6/2014					
<b>Bike Ride #31</b>	60.0	12/4/2014					
<b>Bike Ride #30</b>	20.0	11/30/2014					
<b>Bike Ride #29</b>	40.1	11/29/2014					
<b>Bike Ride #28</b>	50.2	11/26/2014					
<b>Bike Ride #27</b>	20.2	11/16/2014					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #26</b>	50.0	11/15/2014					
<b>Bike Ride #25</b>	50.0	11/13/2014					
<b>Bike Ride #24</b>	48.0	11/9/2014					
<b>Bike Ride #23</b>	30.0	11/8/2014					
<b>Bike Ride #22</b>	50.5	11/5/2014					
<b>Bike Ride #21</b>	23.6	11/2/2014					
<b>Bike Ride #20</b>	56.8	11/1/2014					
<b>Bike Ride #19</b>	51.1	10/29/2014					
<b>Bike Ride #18</b>	21.0	10/26/2014					
<b>Bike Ride #17</b>	50.2	10/25/2014					
<b>Bike Ride #16</b>	50.0	10/22/2014					
<b>Bike Ride #15.2</b>	15.0	10/19/2014					
<b>Bike Ride #15.1</b>	6.0	10/19/2014					
<b>Bike Ride #14</b>	49.9	10/18/2014					
<b>Bike Ride #13</b>	50.0	10/16/2014					
<b>Bike Ride #12</b>	20.2	10/12/2014					
<b>Bike Ride #11</b>	48.9	10/11/2014					
<b>Bike Ride #10</b>	42.3	10/8/2014					
<b>Bike Ride #09</b>	20.2	10/5/2014					
<b>Bike Ride #08</b>	47.1	10/4/2014					
<b>Bike Ride #07</b>	35.2	10/1/2014					
<b>Bike Ride #06</b>	30.0	9/28/2014					
<b>Bike Ride #05</b>	41.4	9/27/2014					
<b>Bike Ride #04</b>	35.2	9/24/2014					
<b>Bike Ride #03</b>	30.0	9/21/2014					
<b>Bike Ride #02</b>	30.8	9/20/2014					

<b>BIKE RIDES</b>	<b>DISTANCE</b>	<b>DATE</b>					
<b>Bike Ride #01</b>	35.2	9/17/2014					
<b>Bike Ride #00 (Fell Off Bike day)</b>	20.8	4/2/2014					
<b>Total miles:</b>	8761.12						