

Jades Fight For Life – Devanes Diary & Log – 1,000 Miles To Go

Wednesday 22.08.18

Session 1

Attended David Lloyds in Woking and spent an hour on the Life Cycle but it did not record my steps? Journey was 11.00 Miles so I am going to estimate 8,470.00 steps. Then spent an hour walking. Journey was 3.12 Miles and Fitbit says 5,945 steps.

Session 2

David Lloyds and spent an hour on the Life Cycle and once again Fitbit did not record my steps. Journey 10.93 Miles and I estimate 8,393 steps.

Session 3

David Lloyds and walked on the Cross Trainer. Journey was 1.00 Mile. Spent 1.25 hours on the Life Cycle and once again Fitbit did not record my steps. Journey 13.30 Miles and I estimate 10,780 steps.

Total steps 53,785. Miles to go 929.83. Very tired but still totally committed and enthusiastic to reach the target.