

## 2009 Excel Mileage & Average Logbook Instructions:

1. Enter the miles and average you ride in the cell below the corresponding date in the mileage/average logbook.
2. As miles are entered, they will automatically be totaled by week, and cumulative miles will begin to accrue.
3. As averages are entered, they will automatically average for the week
4. At the bottom of the page, each month's miles (and average) will be totaled, as well as a 6 month and YTD totals on 2nd page.
5. As July information is entered on the 2nd page, 2009 accumulative miles will be carried over onto the 2nd page.  
(for averages, the 1st 6 months are tracked separately then the 2nd 6 months, due to formulas & conditions)
6. As miles & averages are entered in the Logbook, Weekly & Monthly charts will start filling in on the other sheets in the workbook.  
You can track your progress and compare your average weekly & monthly miles to individual week's/month's total.
7. As you achieve certain mileage (average) milestones, cell fonts will change.

### Miles Milestones:

#### Daily:

0-24 = Black

25-49 = **Blue/Bold**

50-99 = **Dk Red/Bold**

100+ = **Red/Bold/Italic**

#### Weekly:

0-74 = Black

75-124 = **Blue/Bold**

125-199 = **Dk Red/Bold**

200+ = **Red/Bold/Italic**

#### Monthly:

0-149 = Black

150-249 = **Blue/Bold**

250-499 = **Dk Red/Bold**

500+ = **Red/Bold/Italic**

#### 6 Month:

0-999 = Black

1,000-1,999 = **Blue/Bold**

2,000-2,499 = **Dk Red/Bold**

2,500+ = **Red/Bold/Italic**

#### 2009 Total:

0-1,499 = Black

1,500-2,499 = **Blue/Bold**

2,500-4,999 = **Dk Red/Bold**

5,000+ = **Red/Bold/Italic**

8. The workbook is write protected. Data can only be entered in the lower date cell.

9. If you have any questions or find an error, please contact Mark Hagar at:

[markpedal@dialup4less.com](mailto:markpedal@dialup4less.com)

### ACTIVE MILE LOGBOOK EXAMPLE:

	MON	TUE	WED	THUR	FRI	SAT	SUN	Weekly Miles	Cumulative Miles
						1 New Year 20		20	20
		35		20	8		50	113	133
January	25	30			10	60		25	258
	15		35		10		45	105	363
	105		15	35				155	518
	Jan	Feb	Mar	Apr	May	Jun			

1: Enter miles in the lower of the 2 date cells

2: As miles are entered, the week is totalled

3: As miles are entered, the monthly total is updated

3: As miles are entered, the 6 month total is updated

2: As miles are entered, the cumulative total is updated

6: As milestones are reached, font changes

<b>518</b>						<b>6 Month Total</b>	<b>518</b>
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**Average Milestones:**

**Daily:**

0-12.49 = Black/Bold

12.5 - 16.99 = **Blue/Bold**

17.0 - 19.99 = **Green/Bold**

20+ = ***Dk Red/Bold/Italic***

**Weekly / Monthly:**

















0-14.9 = Black

15 - 19.99 = **Blue/Bold**

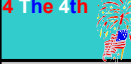




20+ = ***Red/Bold/Italic***

(due to formulas in the cells, there's a limit of 2 format conditions)

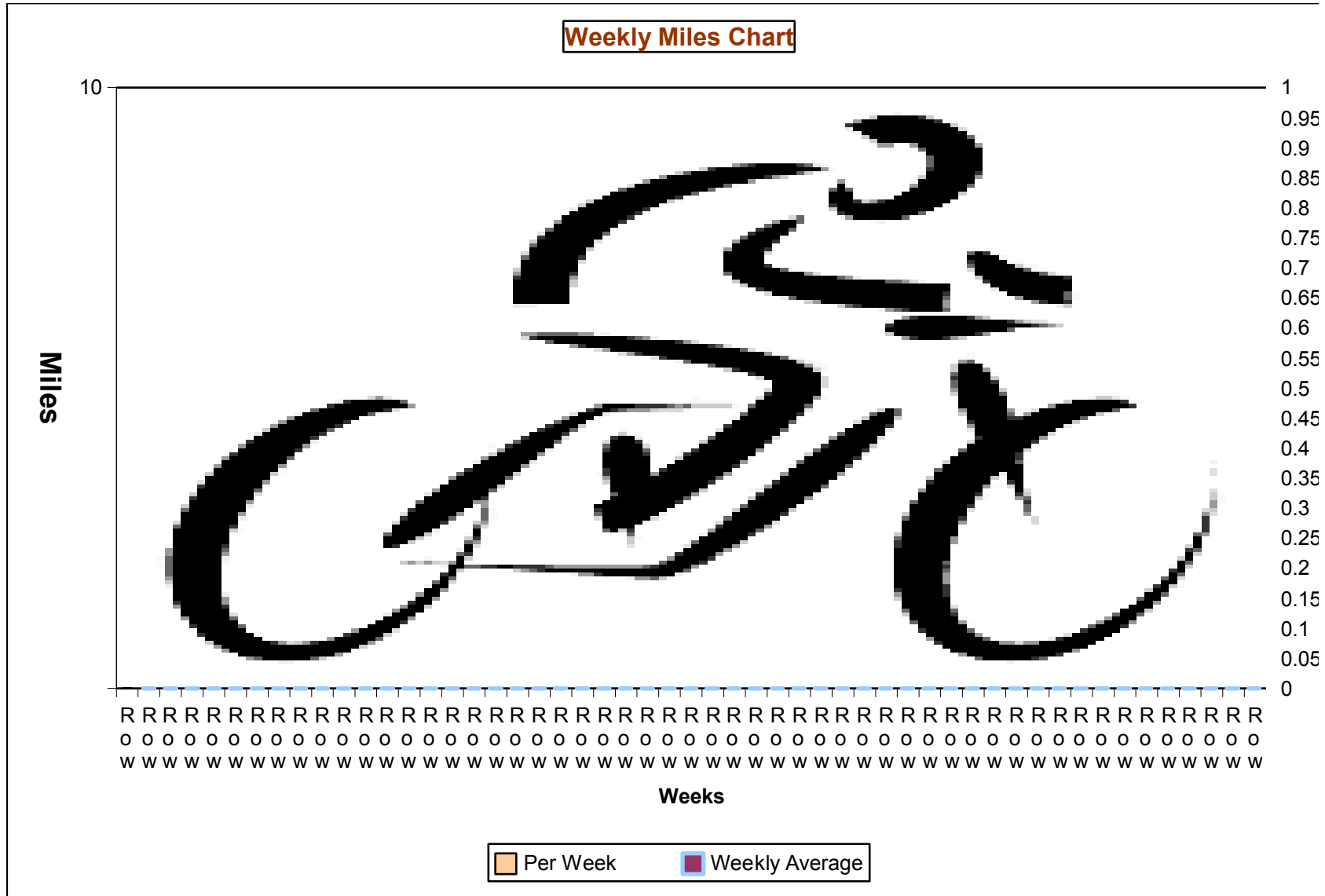
# 2009 MII FAGE LOG

		SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Miles	Cumulative Miles	
		<b>MILEAGE LOG</b>					1 New Year 	2	3		
January	4										
	11										
	18		19 MLK Day								
	25										
	1		2 Grd Hog Day 	3	4	5	6	7			
February	8							14 Val. Day 			
	15										
	22			24 Mardi Gras 	25	26	27	28			
	1										
March	8 DLST Begins	9									
	15			17 St. Paddy 	18	19	20 Spring 	21			
	22										
	29				1 April Fools	2	3	4			
	5 Palm Sund. 	6				8	9 Passover	10 Good Friday	11		
April	12 Easter 	13	14		15	16	17	18			
	19				22 Earth Day 	23	24 Arbor Day 	25			
	26										
	3			5 Cinco de Mayo	6	7	8	9			
May	10 Mom's Day	11									
	17				20 Ride of Sile 	21	22	23			
	24		25 Mem. Day	26	27	28	29	30			
	31								6 100 Grand 		
June	7								13 Bike MS 		
	14 Bike MS 	15	16				19 LMB S.A. 	20 N 24 HR C 			
	21 Dad's Day	22	23	24	25	26	27				
	28	29	30								
	Jan	Feb	Mar	Apr	May	Jun	<b>6 Month Total:</b>				

# 2009 MII FAGE LOG

		SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Miles	Cumulative Miles
July		MILEAGE LOG			1	2	3	4 The 4th 		
	5	6	7	8	9	10	11			
	12	13	14	15	16	17	18 Holland 100 			
	19 LMB MUP 	20 LMB MUP	21 LMB MUP	22 LMB MUP	23 LMB MUP	24 LMB MUP	25 LMB MUP			
	26	27	28	29	30	31	1			
August	2 LMB S. West 	3 LMB S. West	4 LMB S. West	5 LMB S. West	6 LMB S. West	7 LMB S. West	8 LMB S. West			
	9	10	11	12	13	14	15			
	16	17	18	19	20	21	22			
	23	24	25	26	27	28	29			
	30	31	1	2	3	4 DALMAC 	5 DALMAC			
September	6 DALMAC 	7 Labor Day	8	9	10	11	12 Maple Leaf 			
	13	14	15	16	17	18 Rosh Hashanah	19			
	20	21	22 A Equinox	23	24	25	26			
	27 Ap. Cid. Cen 	28	29	30	1	2 Yom Kippur	3 Tour WPT 			
	4 Tour WPT 	5	6	7	8	9	10 ColorBurst 			
October	11 	12 Columbus Day	13	14	15	16	17			
	18	19	20	21	22	23	24			
	25	26	27	28	29	30	31 Halloween 			
	1 DLST Ends	2	3 Election Day	4	5	6	7			
	November	8	9	10	11 Vet. Day	12	13	14		
15		16	17	18	19	20	21			
22		23	24	25	26 Thk'giving 	27	28			
29		30	1	2	3	4	5			
December		6	7	8	9	10	11 Hanukkah 	12		
	13	14	15	16	17	18	19			
	20	21 W Solstice	22	23	24	25 Xmas 	26 Kwanzaa			
	27	28	29	30	31 NY's Eve 					
	Jul	Aug	Sep	Oct	Nov 	Dec	<b>2009 Total:</b>			

Week Miles Chart



# Week Miles Chart



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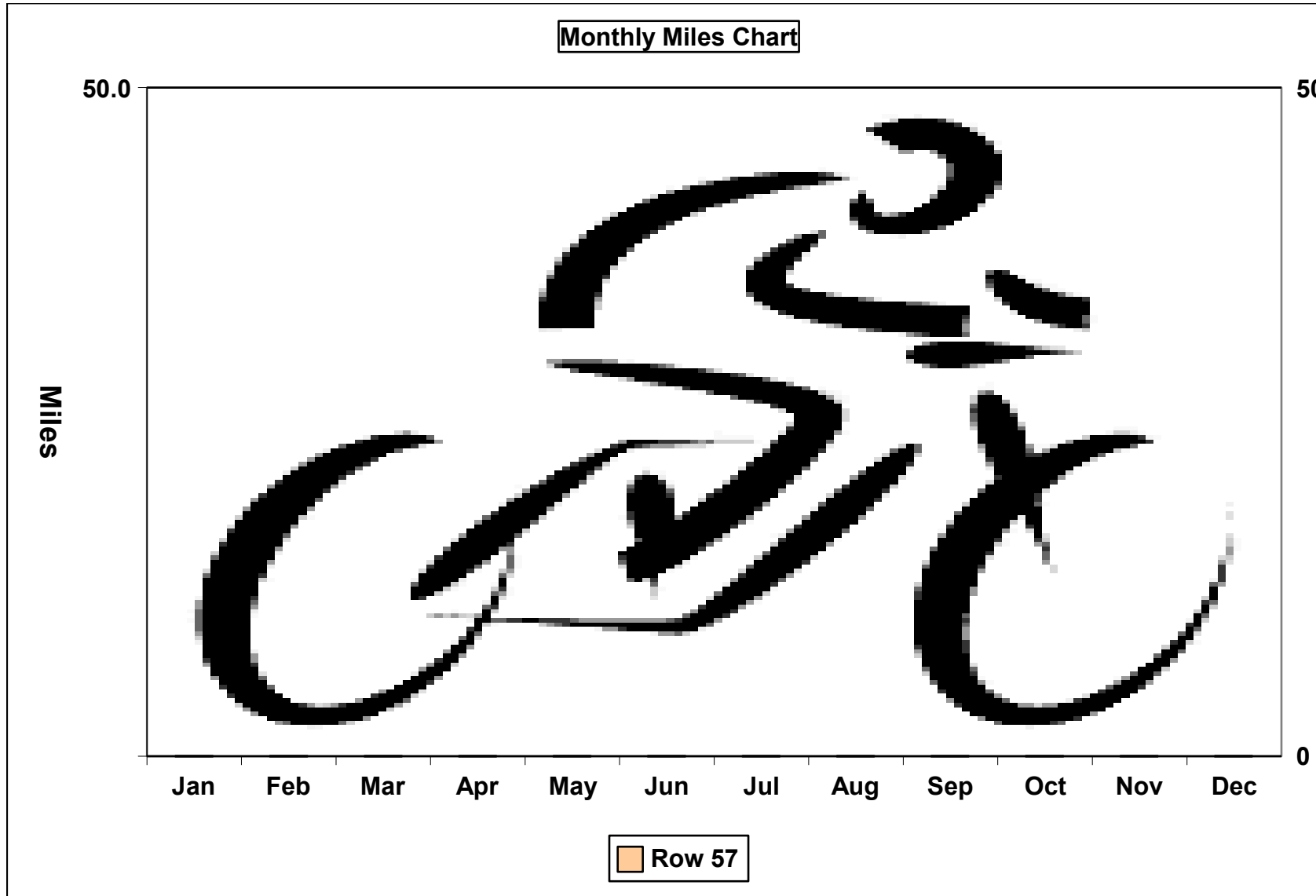
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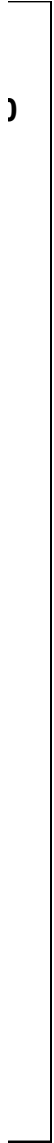
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R R R  
O O O  
W W W








Month Miles Chart



Month Miles Chart



# 2009 AVERAGE LOG

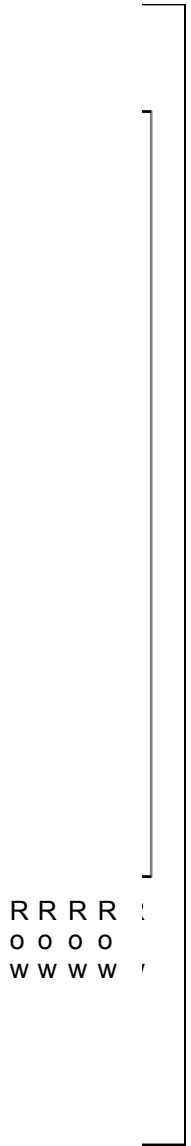
		SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Average	
January		<b>AVERAGE LOG</b>					1 New Years Da	2	3	
	4	5	6	7	8	9	9			
	11	12	13	14	15	16	17			
	18	19 MLK Day	20	21	22	23	24			
	25	26	27	28	29	30	31			
February	1	2 Grd Hog Day	3	4	5	6	7			
	8	9	10	11	12	13	14 Val. Day 			
	15	16	17	18	19	20	21			
	22	23	24 Mardi Gras 	25	26	27	28			
March	1	2	3	4	5	6	7			
	8 DLST Begins	9	10	11	12	13	14			
	15	16	17 St. Paddy 	18	19	20 Spring	21			
	22	23	24	25	26	27	28			
	29	30	31	1 April Fools	2	3	4			
April	5 Palm Sund.	6	7	8	9 Passover	10 Good Friday	11			
	12 Easter 	13	14	15	16	17	18			
	19	20	21	22 Earth Day 	23	24 Arbor Day 	25			
	26	27	28	29	30	1	2			
	3	4	5 Cinco de May	6	7	8	9			
May	10 Mom's Day	11	12	13	14	15	16			
	17	18	19	20 Ride of Sil. 	21	22	23			
	24	25 Mem. Day	26	27	28	29	30			
	31	1	2	3	4	5	6 100 Grand 			
	June	7	8	9	10	11	12	13 Bike MS 		
14 Bike MS 		15	16	17	18	19 LMB S.A. 	20 N 24 HR C 			
21 Dad's Day 		22	23	24	25	26	27			
28		29	30							
Jan		Feb	Mar	Apr	May	Jun	<b>6 Months:</b>			

# 2009 AVERAGE LOG

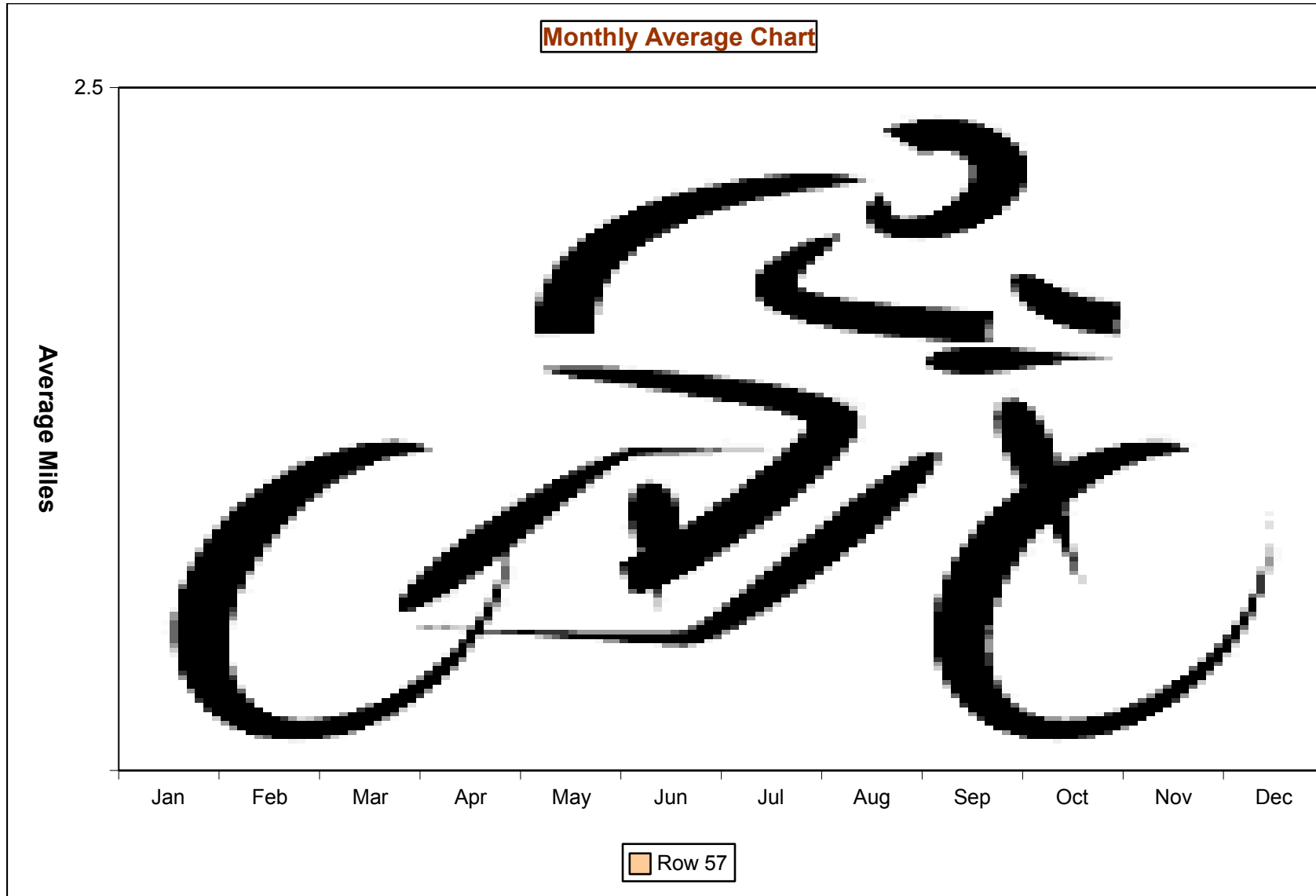
		15	MON	TUE	WED	THU	FRI	SAT	Weekly Average
July		AVERAGE LOG			1	2	3	4 The 4th 	
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18 Holland 100 		
	19 LMB MUP 	20 LMB MUP	21 LMB MUP	22 LMB MUP	23 LMB MUP	24 LMB MUP	25 LMB MUP		
	26	27	28	29	30	31	1		
August		2 LMB S. West 	3 LMB S. West	4 LMB S. West	5 LMB S. West	6 LMB S. West	7 LMB S. West	8 LMB S. West	
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4 DALMAC 	5 DALMAC 		
September		6 DALMAC 	7 Labor Day	8	9	10	11	12 Maple Leaf 	
	13	14	15	16	17	18 Rosh Hashana	19		
	20	21	22 A Equinox	23	24	25	26		
	27 Ap. Cid. Cen 	28	29	30	1	2 Yom Kippur	3 Tour WPT 		
	4 Tour WPT 	5	6	7	8	9	10 ColorBurst 		
October	11	12 Columbus Day	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31 Halloween 		
	1 DLST Ends	2	3 Election Day	4	5	6	7		
	8	9	10	11 Vet. Day	12	13	14		
November	15	16	17	18	19	20	21		
	22	23	24	25	26 Thk'giving 	27	28		
	29	30	1	2	3	4	5		
	6	7	8	9	10	11 Hanukkah 	12		
	13	14	15	16	17	18	19		
December	20	21 W Solstice	22	23	24	25 Xmas 	26 Kwanzaa		
	27	28	29	30	31 NY's Eve 				
	Jul	Aug	Sep	Oct	Nov	Dec	6 Months:		



Week Ave Chart



Month Ave Chart



Month Ave Chart

