

Date

Unit #

Setting	Pounds Per Minute	Walking3 MPH (X 20)	Driving5 MPH (X 12)	Driving 10 MPH (X 6)	Driving 15 MPH (X 4)	Driving 20 MPH (X 3)	Driving 25 MPH (X 2.4)	Driving 30 MPH (X 2)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

NOTE: This calculation will give you pounds per mile, to get pounds per 1,000 square feet divide each number by 63.