**{{ First }} {{ Last }} | {{ School }}**

Congratulations {{ First }}! You’ve completed the Fly Bodies 30 Day Mileage Challenge! Below is a summary of all the work you and your team {{ Team\_Name }} accomplished throughout the challenge.

**Individual Stats**

{{ Individual\_Plot\_Image }}

**Total Miles**

**Daily Avg Miles**

**Fly Fit Facts**

- If you kept this up for the next 11 months, you would walk {{ Miles\_12\_Months }} miles in one year!

- The average American walks about 3000 steps per day or about 1.5 miles.

- Benefits of walking regularly include improved heart health, weight management, improved mood, cognition, memory, and sleep, joint and bone health!

**Best Day:** {{ Best\_Miles }} miles on {{ Best\_Miles\_Day}}

**Total Steps**

**Daily Avg Steps**

**Team Stats - {{ Team\_Name }}**

**Total Miles**

**Daily Avg Miles**

**Total Steps**

**Daily Avg Steps**

{{ Team\_Plot\_Image }}

This is the place for a table and or chart!