

Veca Alvarez

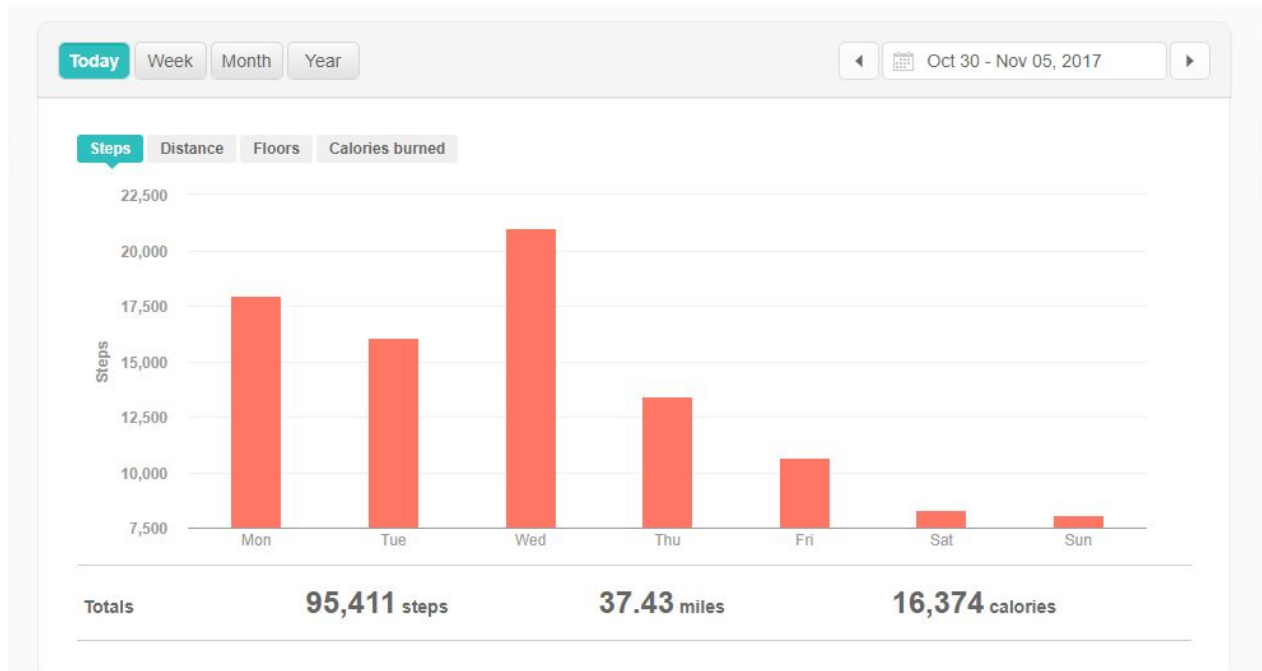
Bi-Weekly Report Dates: October 30-November 5 & November 6-12

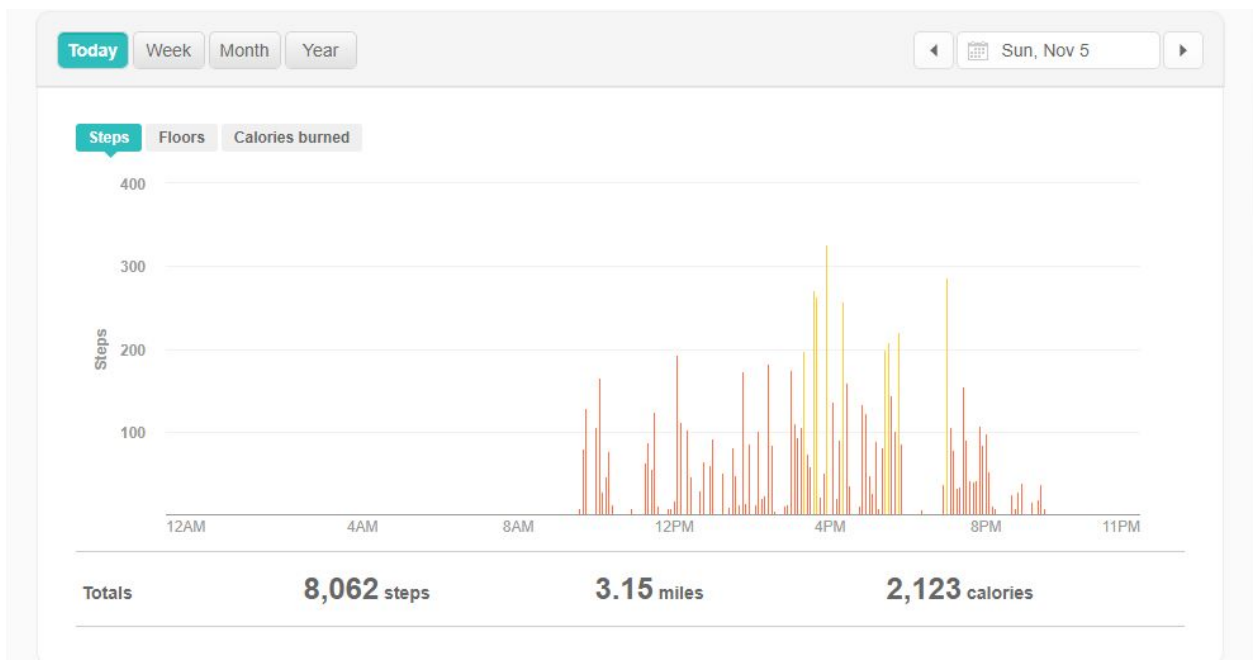
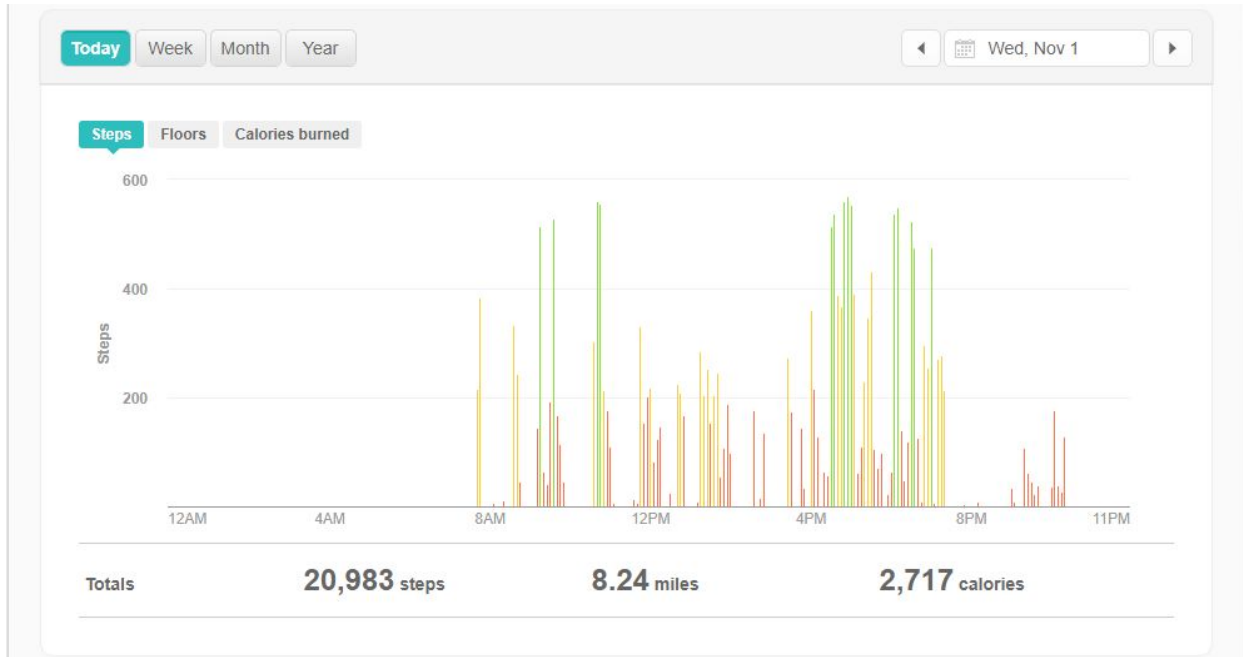
Week Nine Total: 95,411- high day was 20,983 steps, low day was 8,062

Week Ten Total: 94,512- high day was 16,051 steps, low day was 6,566

Week Nine Reflection and Graphs:

During the week of October 30-November 5, I walked over 90,000 steps and walked over 10,000 steps every week day of this week. This week was the week containing Halloween and I went home this weekend. I also went to the gym Monday through Thursday this week. My high day was Wednesday, with a total of 20,983 steps, which I believe is the most steps I have ever had in a day. This week, I did not have a class on Wednesday and Friday this week so I was able to walk around campus in that free hour. I figured that caffeine triggers my focus problems and I drank a lot of caffeine on Tuesday night and I woke up feeling the effects of the caffeine on my focus. I walked around a lot more on this day because of that. I had work that day. I also walked to Walmart that day as well (but I took the bus home as the sun was beginning to set) and afterwards, I went to the gym as well. My low day was Sunday, with only 8,062 steps earned. That day, I was at home so it was a lazy day and then part of the day was, of course, spent driving back.

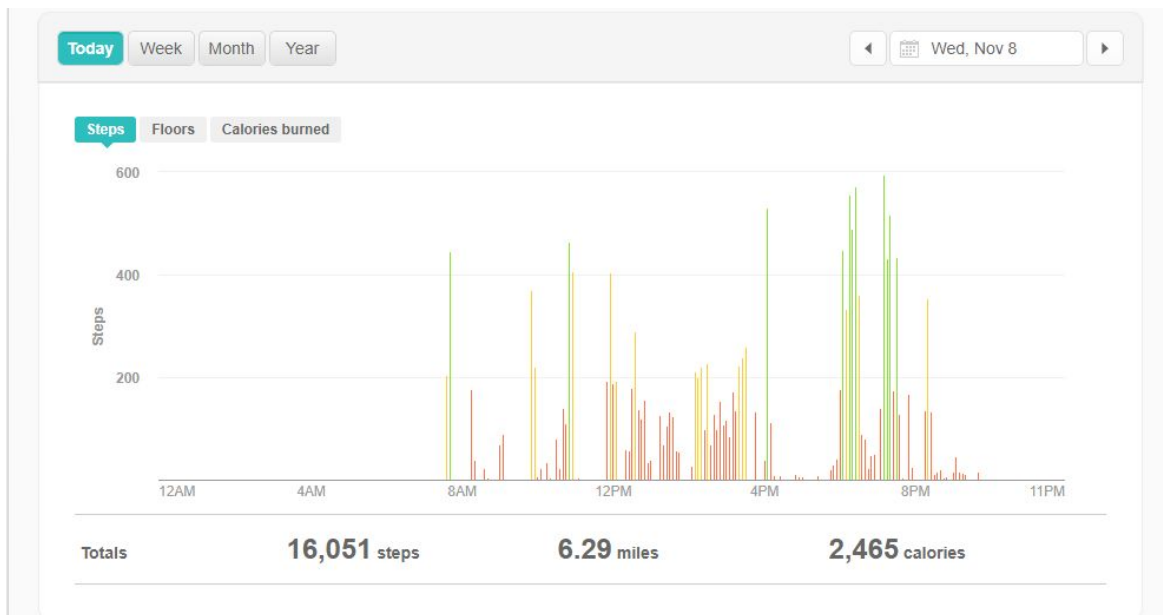
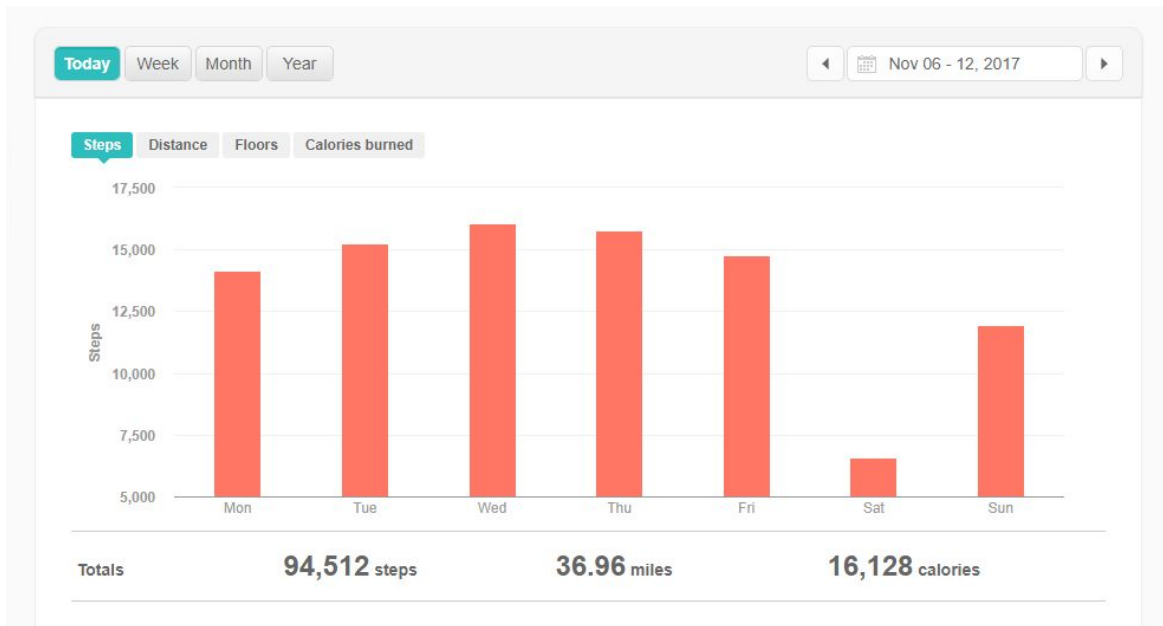




Week Ten Reflection and Graphs:

During the week of November 6-12, I walked over 90,000 steps and over 11,000 steps for six days. This week was a fairly routine week, but I worked over the weekend. I worked out every week day this week as well as my usual walking habits. My high day was Wednesday, with 16,051 steps earned. I had class, worked, and went to the gym on Friday. My low day was Saturday, with only 6,566 steps earned. I worked the brunch shift that day and walked to CVS afterwards. Unfortunately, I forgot to put on my FitBit before going to work so I did not get the

steps for the first half of the day. During the latter part of the day, I lounged around until I ate and went to Walmart with my friends and then we hung out.



Today

Week

Month

Year



Sat, Nov 11



Steps

Floors

Calories burned



Totals

6,566 steps

2.56 miles

1,853 calories