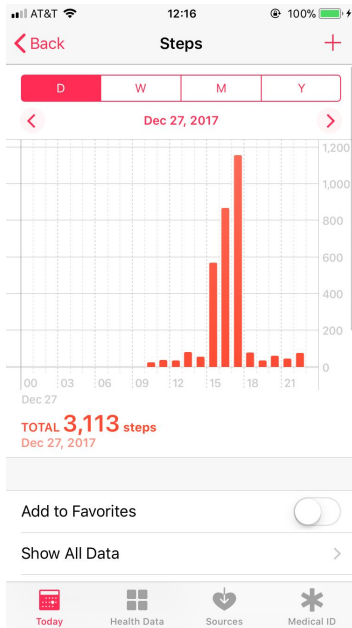


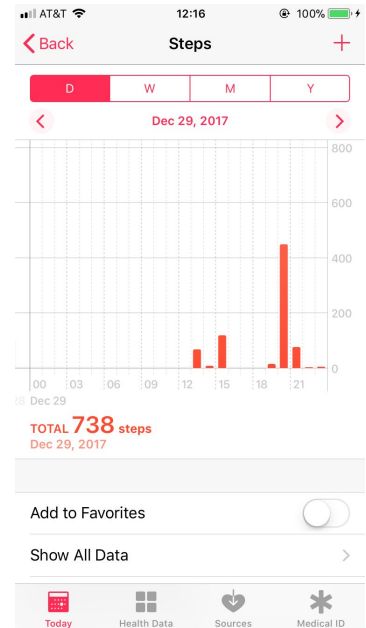
Mandi Andersen  
 Week 3 Physical Activity Monitoring Report  
 9,326 Steps Total



1. Wednesday 12/27



2. Thursday 12/28



3. Friday 12/29



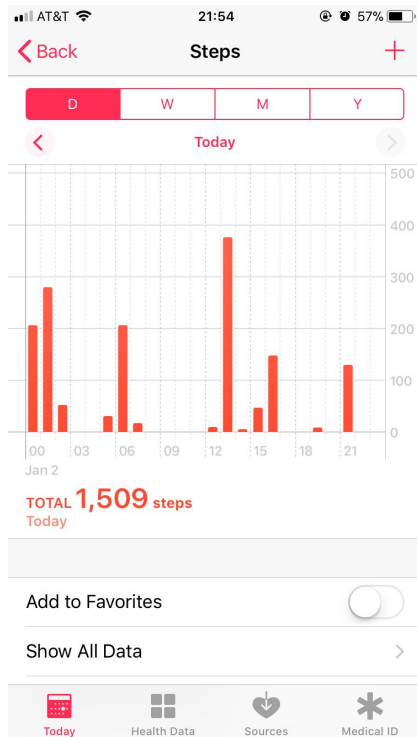
4. Saturday 12/30



5. Sunday 12/31



6. Monday 1/1



This week I was very low in steps. Again, this is not an accurate representation of my daily activity because since the start of this class I realize that I do not have my phone on me as much as I walk around. But this is the only tracking resource I have available to me right now so I will be using the graphs from my phone. Wednesday and Thursday last week I was in the Outer Banks of North Carolina. On Wednesday we went shopping at the outlets so that is where the majority of my steps came in. We also went to the beach but that only lasted about five minutes because it was very cold and my feet were numb after sticking them in the freezing ocean. I also got steps on that trip for taking all three dogs on walks multiple times daily. On Thursday we packed up the car and drove home, just in time for me to go to work. Friday, Saturday, and Sunday were all the same. I did homework all morning and then went to work at night. I got to ring in the New Year with my boss at work as I was still there at midnight. On Monday I was scheduled

### 7. Tuesday 1/2

to ride at the rescue squad all day but there wasn't any room so I got the day off. I worked on homework and then went to visit my crew at the station in the afternoon. After that I went to work, and when I got off then I went back to the station because I got word that there was room for me at that point. We had a pretty uneventful night except we ran a call around midnight which is why there are steps at that odd hour early Tuesday morning. On Tuesday I got up around 6 am to pack up and come home, where I caught up on my sleep, completed more homework, and walked the dog. Lastly, Tuesday night I went to work.

I feel as though my activity this week was low compared to normal. The shopping helped me gain more steps as we were walking back and forth from store to store and walking around inside multiple stores. I tried to increase my steps as much as I could, including taking the dogs for walks. The dog walking was rare for me, I only have one dog and we usually just let her out in the yard to do her business. We could not do that at the beach though, so we took her on walks around the neighborhood. In addition, I had to walk my grandparents dog and my aunt's dog. Sometimes they could not all go for a walk together because they get distracted, so that could mean three different walks per potty period. I enjoyed them because it got me to get out of the house and enjoy some fresh air.

Overall, I did not feel like I was working as hard as I could have been. A lot of my time has been devoted to classwork and work, which is normal and not outside my usual activity. When I get back to school soon, I'm looking forward to being able to walk more around campus and go to the gym with my suitemates.