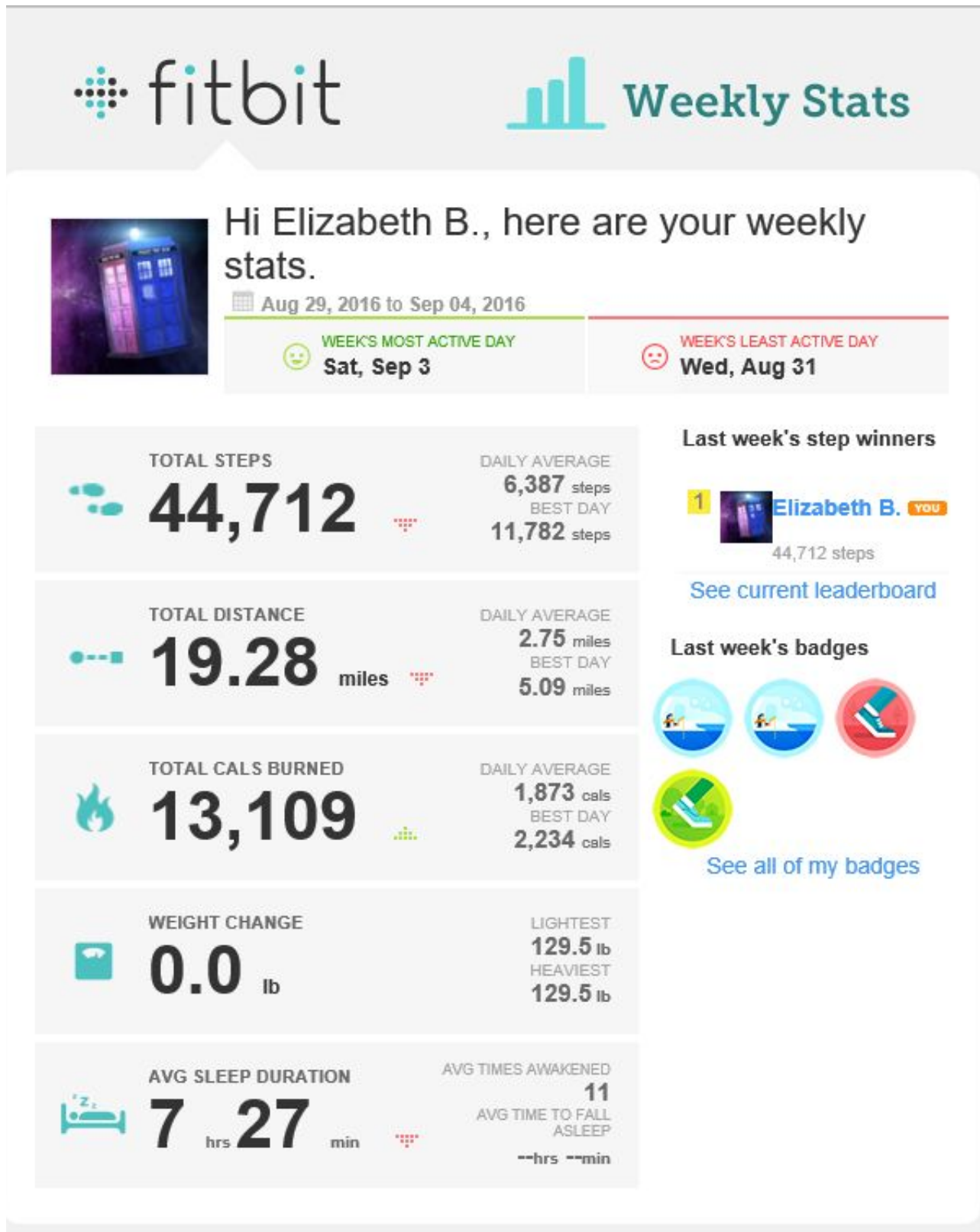


Liz Bradley

Aug 29 - Sep 04 / Total steps - 44,712 / Most Active - Sep 03 / Least Active - Aug 31

Sep 05 - Sep 11 / Total steps - 30,039 / Most Active - Sep 07 / Least Active - Sep 11



The high activity on September 03 was likely because I went to UVA to see my S.O. in the marching band, and did quite a bit of walking (i.e. from the practice field to the stadium before the game, and then back to the practice field after the game). I have also been encouraging myself to take the stairs instead of the elevator, especially in my dorm hall.

My relative inactivity in this second week was because I had come down with something after visiting family for the weekend. Sunday was especially low because I was forcing myself to rest in hopes of getting better quicker.

