

Brief description: This is one of my fitness tracking for PHED 101. This exhibits my continued effort in the class to reach the step count and analyze how to improve my fitness each week. The date for this is from March 25th to April 7th.

Jace Frank

Week 1: Mar 25- Mar 31

Week 2: April 1- April 7

Week 1 total: 70,442

Week 2 total: 68,754

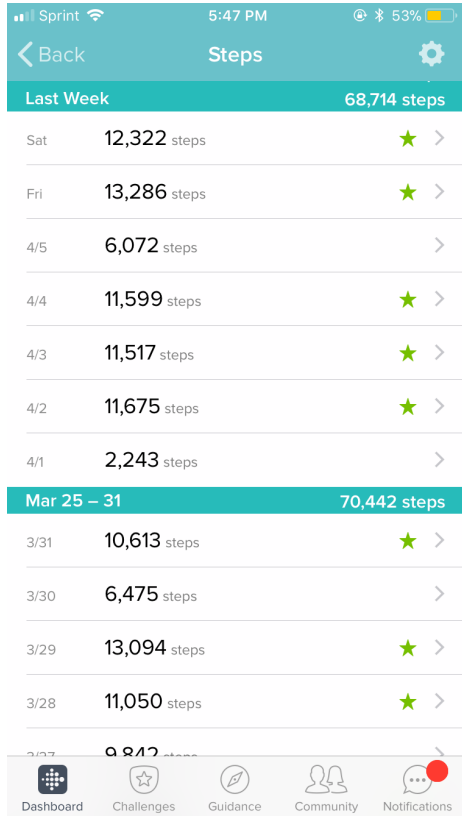
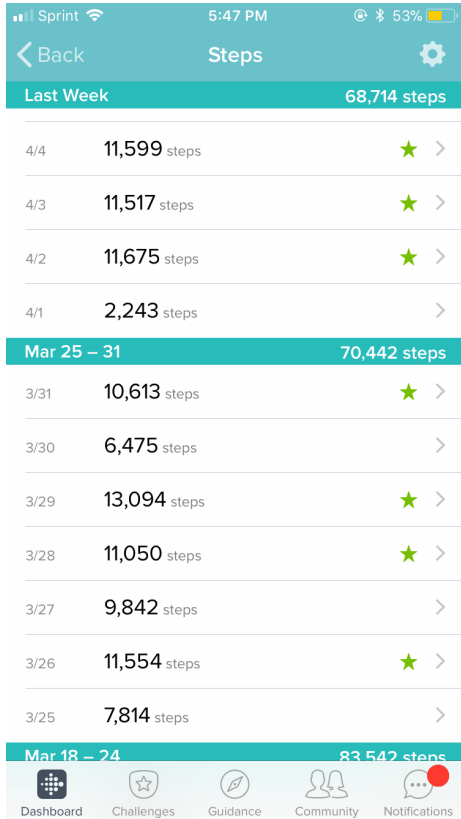
Week Highs: April 6- 13,286

Mar 29- 13,094

Week Lows: March 30-6,475

April 1- 2,243

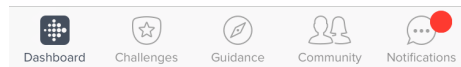
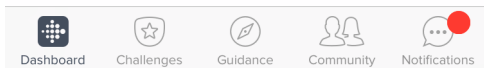
These weeks I had tried to get my steps, but I was limited because I had a lot of work in all my classes. My steps were limited to the times when I was not in the theater working. On my high days I avoided getting in my car as much and was able to enjoy the day more without having to work. On my low day on April 1, I simply forgot to wear my fit bit. On my other low day I did not get up until late and was driving most of the day to go home for easter weekend.



STEPS
13,286 steps ★



STEPS
13,094 steps ★





STEPS
6,475 steps

- Dashboard
- Challenges
- Guidance
- Community
- Notifications



STEPS
2,243 steps

- Dashboard
- Challenges
- Guidance
- Community
- Notifications