Name: Hannah Prem

Bi-Weekly Report Dates: 9/25-10/1 and 10/1-10/8

Steps Week 1: Total: 53,133 High: 9/27 (11,481) Low: 9/30 (3,614)

Steps Week 2: Total: 67,313 High: 10/2 (14,993) Low: 10/5 (5,379)

Week 1 graphs:

Weekly Outlook



High Day:



Low Day:



Reflection of Low Activity Day and High Activity Day (Week3):

* Friday had very low steps because I was working many hour
* Tuesday had steps spread throughout the day with high energy
* Friday I was very tired and rested more than usual
* My activity is mostly because my walks across campus

Week 2 Graphs:

Weekly Outlook:



High Day:



Low Day:



Reflection of Low Activity Day and High Activity Day (Week4):

* Wednesday was a very inactive day, however, when I went for my run the app didn’t track my steps
* Sunday was active in the later part of the day
* Sunday was spread evenly and very active
* Most of my steps are from walking to and from class and around campus
* Improving as the days progress