

Name: Haily Joseph

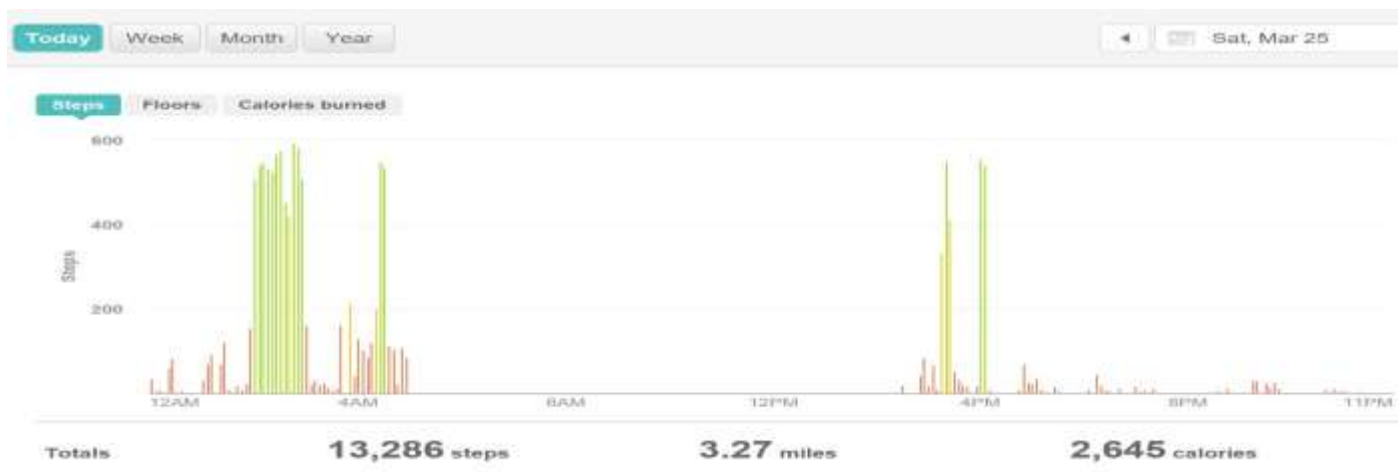
Bi- Weekly Report Dates: March 24- March 30, and March 31- April 6

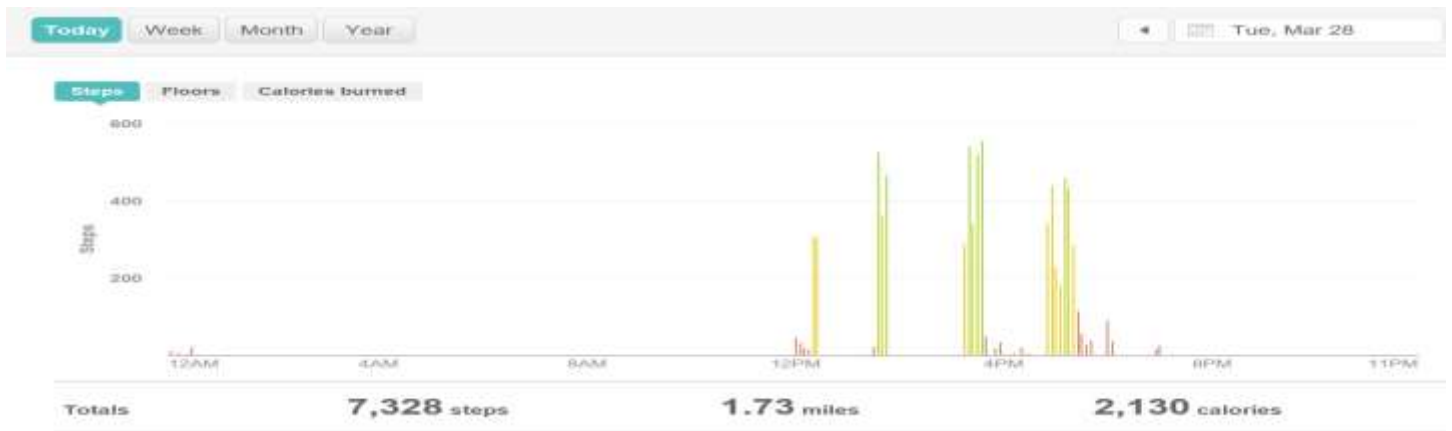
Week 1 Total: 72,195 high day was 13,286 steps, low day was 7,328 steps

Week 2 Total: 70,200 high day was 13,911 steps, low day was 3,360 steps

Week 1 Reflection and Graphs

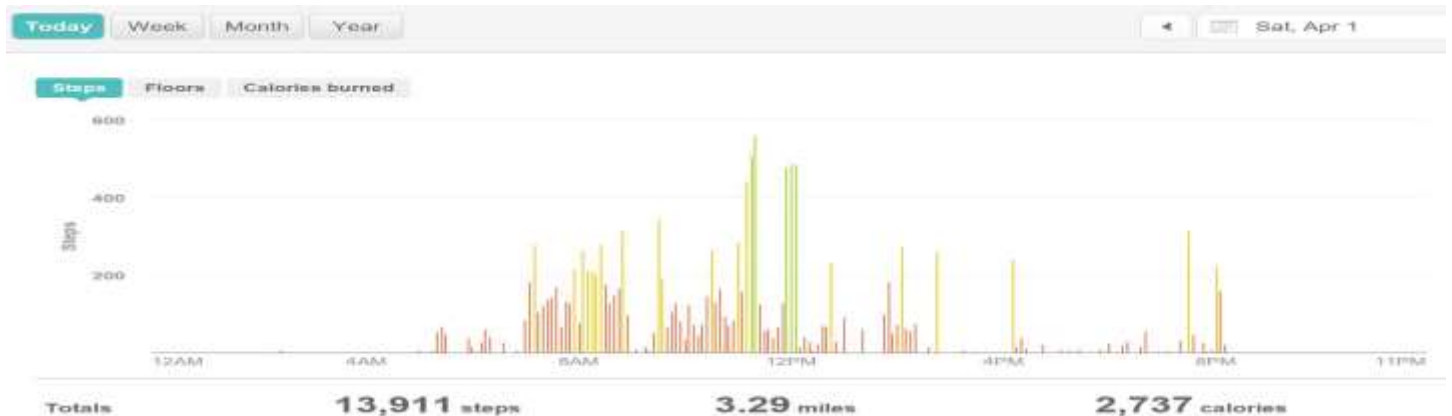
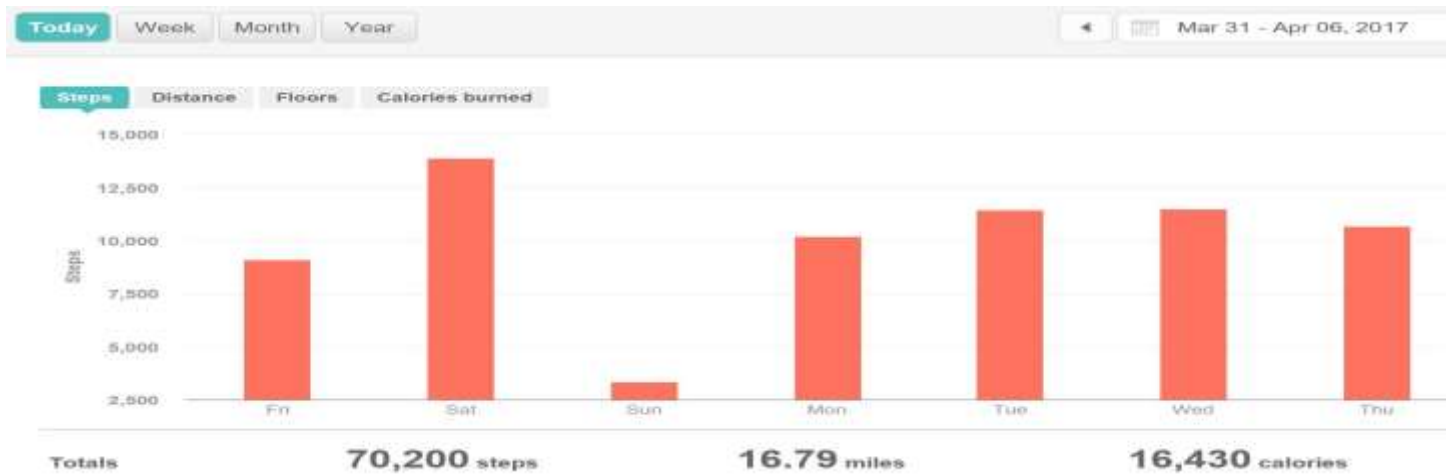
Reflection: In the week of March 24-30th I met and even went up 70,000 steps. I have been more active than the last baseline Fitbit check, where one week only had just above 39,000 steps. Whereas school keeps me predominantly active, and constantly walking to get food or got to classes, I began to be more active in preparation for the Relay for Life belly dance performance, having practiced 20 hours of dance this week. On my highest day, Saturday, March 25, It was Relay for Life, in which I practiced for dance for 2 hours, then spent from 5 pm on Friday evening to 5 am on Saturday morning walking the track and around the Health and Wellness center. I reached 10,000steps ni Saturday before noon because of this. On my lowest step count day Tuesday March 28, I woke up later due having my first class at 11 am, which means less activity at the start of the day, and later. I did reach 7,328 steps, and would have gotten more, butmy Fitbit died at 8 that night, before I got to go to dance, where I would've gotten 10,000 steps. I was still at home, and I had no classes, so I Wasn't going on as many flights of steps, or walking across campus and Farmville. Once I got home, I was in full relaxation mode, and also, my cold-sickness finally became more serious, and I was in bed for a majority of the day.





Week 2 Reflection and Graphs

In the week of March 31- April 6th, I reached 70,200 steps, and reached over 70,000 for the second week in a row. The main reason as to why I did not reach 10,000 on two of these days, is due to having less classes on Fridays, and then Sunday, I used as a resting day. My best day on Saturday, April 1st, helped me the most in keeping my step numbers up since I went on a service retreat to Hull Springs Farm. While there, I went to Westmoreland State Park, where I was constantly moving, cleaning, raking, mulching and more. I also walked over 2 miles while going to the beach at the park, and ran back from the beach to get more exercise. On Sunday, I only reached up to just over 3,000. This is due to the most of the time of the day spent in the car ride on the way back, and spending the day in Wheeler, resting from my weekend of hard work.



Today

Week

Month

Year

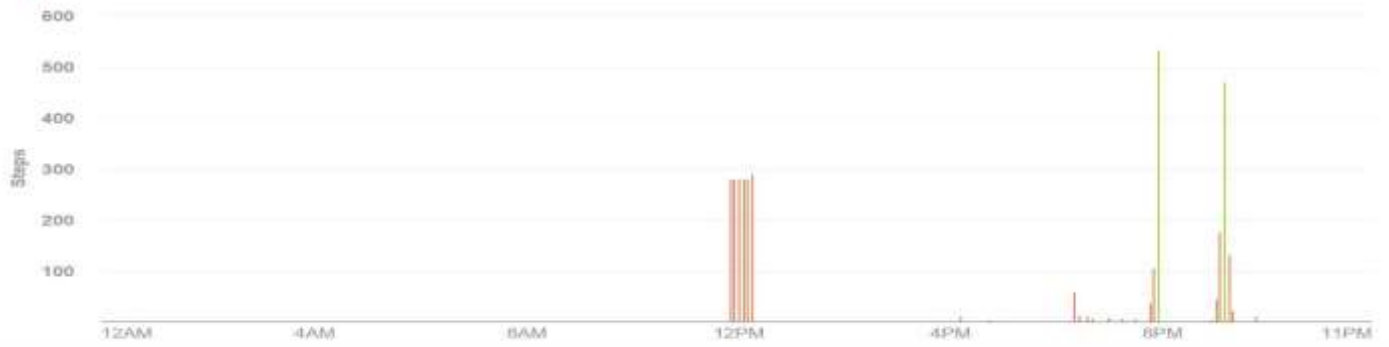


Sun, Apr 2

Steps

Floors

Calories burned



Totals

3,360 steps

.8 miles

1,756 calories