

Name: Emily Mothersbaugh

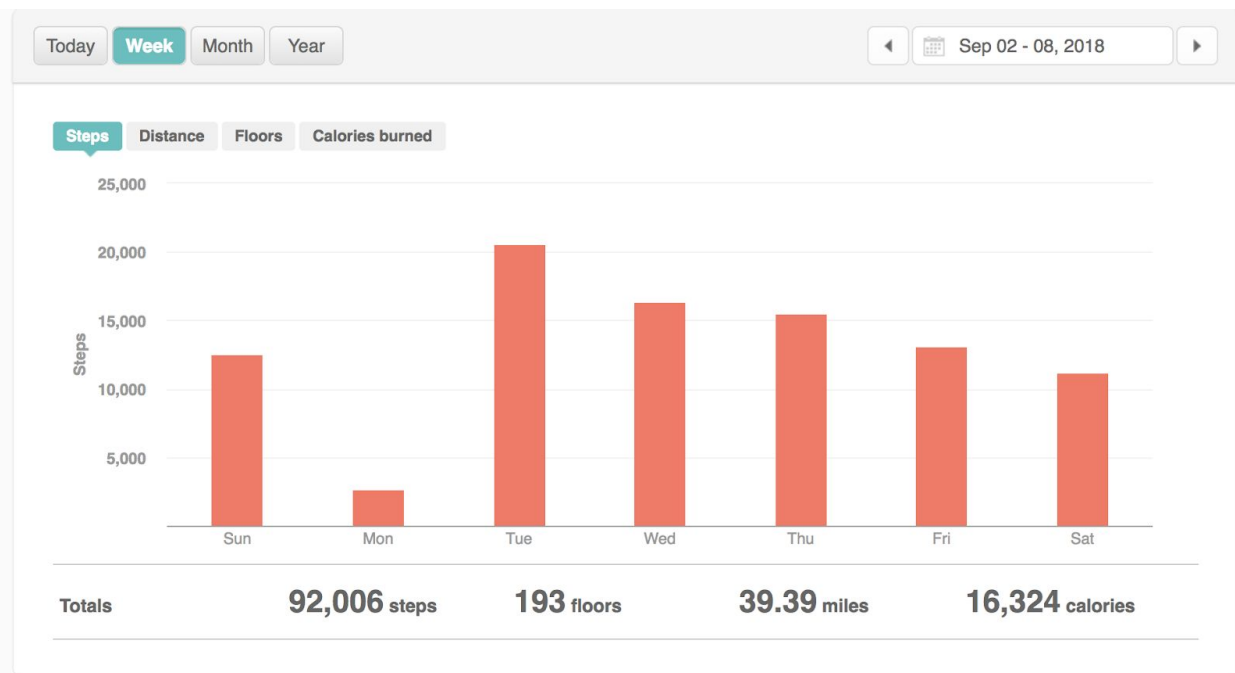
Bi- Weekly Report Dates: Sept 02-08 & Sept 09-15

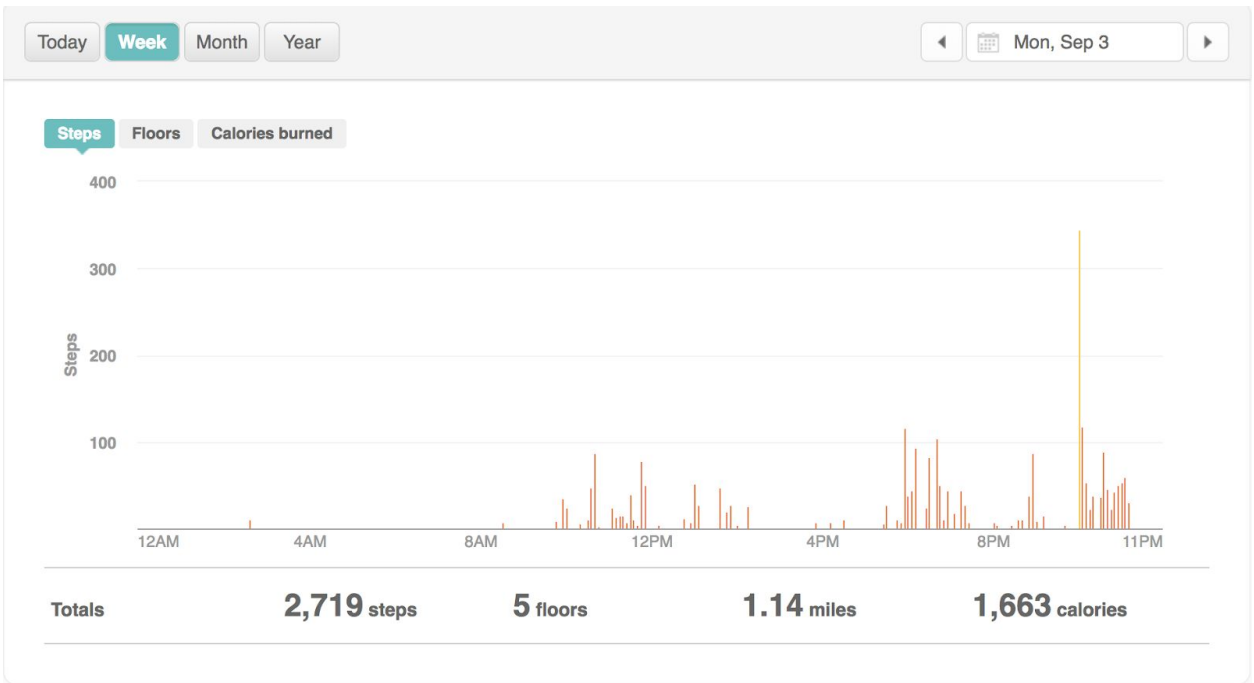
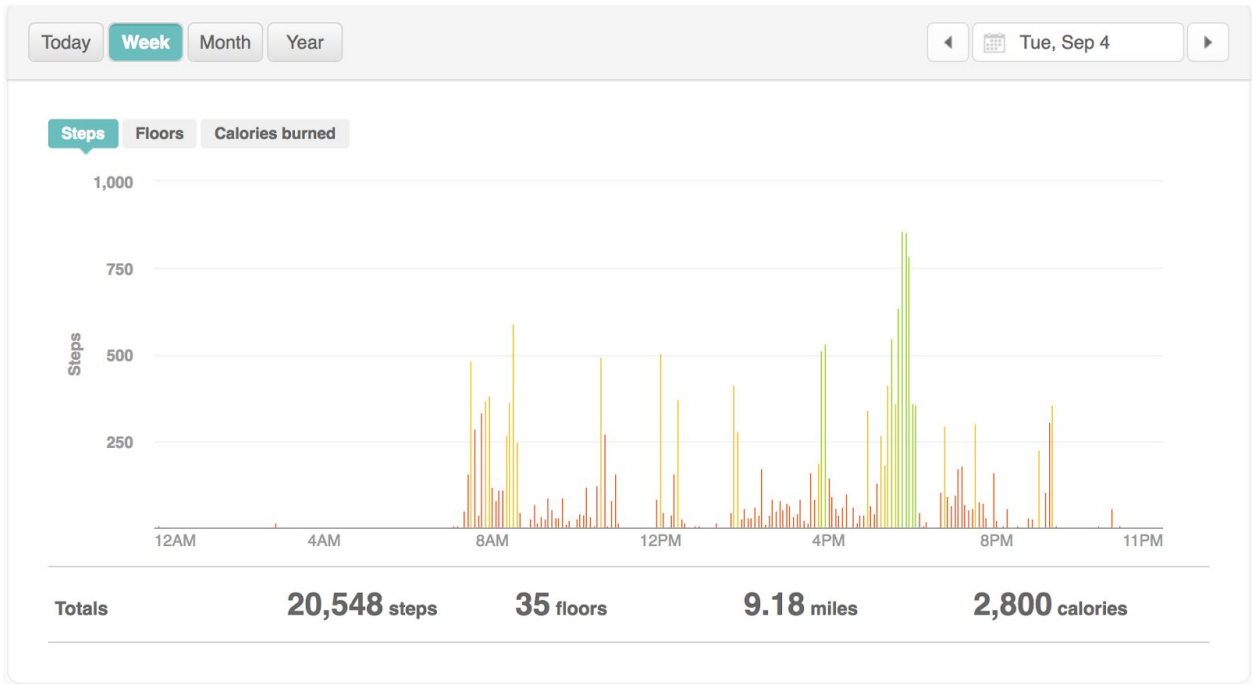
Week 1 Total: 92,006- high day was 20,548 steps, low day was 2,719 steps

Week 2 Total: 115,689- high day was 26,208 steps, low day was 7,251 steps

Week 1 Graphs & Reflection

Reflection: I was surprised at how many steps I got total this week (92,006) as I have never looked at my steps in terms of weekly reports, only daily. I believe that based off of my graphs and numbers it is obvious that I am an active individual, as I play on the Women's Soccer team. I never really "try" to get more steps in, because I feel as though I step way more than the average student my age. On my high day, Tuesday, I had 20,548 steps. On this day we ran a fitness test at soccer practice that equates to sprinting 16 lengths of the soccer field, and had an intense practice after, hence my steps. On my low day, Monday, I barely got over 2,500 steps. This was shocking because I assumed I would hit my step goal (my fitbit is set to 12,000), but I did not. On this day I spent my time sleeping and driving home, as we didn't have any classes due to Labor Day and it was my off day for soccer. After looking at this low, I have started to think about ways to get more steps in on off days without "working out."





Week 2 Graphs and Reflection

Reflection: This week, I got even more steps than the week before and totaled in at 115,689. This was shocking again, but looking at the totals from each day gave the same reactions as the week before. My high day, Friday, I got 26,208 steps from a heavy practice in which we scrimmaged, getting me 5,000+ steps higher than last week's high. This was cool to see, but I had two low(er) days this week. My lowest, Tuesday, only had 7,251. Although this was more than last week's low, Saturday was close behind with only 7,665 steps. Both of these days I did not have soccer practice or a game due to an off day or the weather, and I now see that nearly all my steps come from soccer and I need to make sure that I find other ways to get steps in because I will not always play soccer for the rest of my life. I am going to try and get my steps in by 1pm everyday, since most of my steps occur after this time and during practice. I believe taking the longer routes wherever I walk and making an effort to get up and moving more throughout the day will have a dramatic increase on my steps on off days.

