Name: Sarah Wright

Bi- Weekly Report Dates: September 15-21 & September 22-28

Steps Week 1 total: 72,223 steps High Day: Saturday 9/17 (13,373) Low Day: Wednesday 9/21 (6,806 steps)

Steps Week 2 total: 73,650 steps High Day: Saturday 9/24 (16,740 steps) Low Day: Monday 9/26 (6,099 steps)

Week 1 Graphs

Weekly Outlook



Low Day



High Day



Reflection for Low Activity Day and High Activity Day (Week 3):

* Saturday I had large bouts of activity spread throughout the day
* I was at work Saturday and had to walk around a lot to take different items to different areas
* Wednesday I was not as active
* I had bouts of exercise, but none of them were noticeably large
* I had a lot of homework to do Wednesday, so I spent a lot of time in the library
* I could have increased by activity Wednesday by taking breaks from homework and walking around

Week 2 Graphs

Weekly Outlook



High Day



Low Day



Reflection of Low Activity Day and High Activity Day (Week 4):

* Saturday I was at work and had to walk around to check on team members in different sections of Busch Gardens
* I had large bouts of activity pretty frequently
* On Monday I did not have much energy output
* I had lots of work to do in Hull, so I did not have a lot of activity
* My main activity was moving around campus to different classes
* It would be hard for me to increase my activity, because I was in so many meetings.
* I could have gotten up earlier on Monday and exercised