

Haley

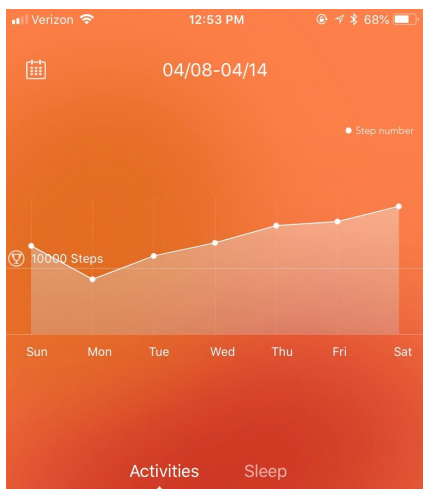
Bi-weekly report dates: April 8- April 14 and April 15 - April 21

Week 9 Total: 99,861 steps - high day: was 19,271 steps, and low day was 8,302 steps

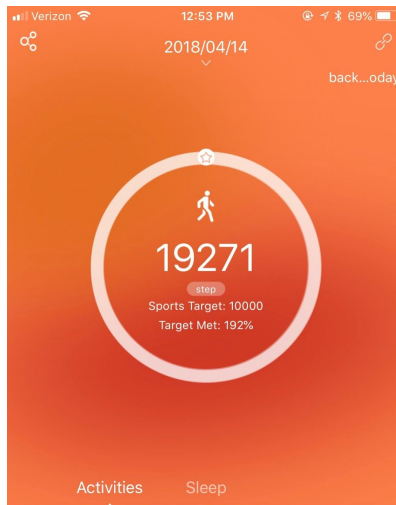
Week 10 total: 89,216 steps- high day: was 21,602 steps, and low day was 7,330 steps

Week 1 Reflection

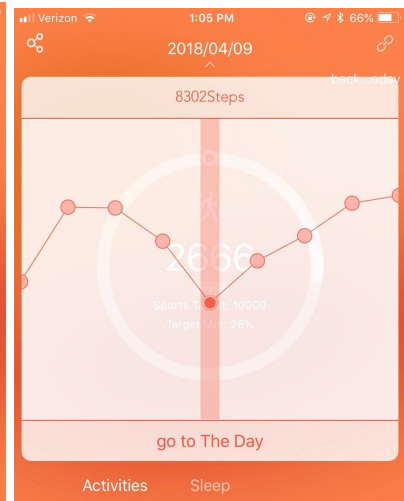
Reflection: April 8 through April 14 I had a total of 99,861 steps in total and my average distance was 6.20mi. This is the most steps I have had in a week all semester. My lowest day was 8,302 steps because I did homework for the majority of the day. My highest day was 19,271 steps because I worked out for an hour and ran 2 ½ miles. I tried to work out almost everyday this week and stay active especially in the nice weather.



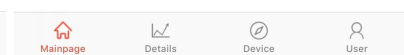
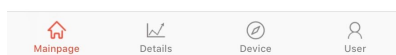
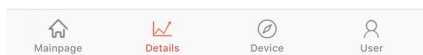
Week Distance	Week Steps	Week Calories
43.43Mi	99861Steps	4603Kcal
Avg Distance	Avg Steps	Avg Calories
6.20Mi	14265Steps	657Kcal



Calories	Distance	Activit...uration
888Kcal	8.38Mi	02:57Min



Calories	Distance	Activit...uration
123Kcal	1.15Mi	00:30Min



Week 2 Reflection

Reflection: April 15 through April 21 I had a total of 89,216 steps and my average distance was 5.54 mi per day. I had two low days because of studying and homework, but worked to get in some exercise every day this week. My lowest day was 7,330 steps and my highest day was 21,602 steps. On my highest day I ran for 3 miles and walked my dogs.

