Name: Violet Willis

Dates tracked: Sept. 18-24 & 25-31

Total Step Count: **Week 1**: 72,309 **Highest**: 9/21 14,808 **Lowest**: 9/24 7,377

 **Week 2**:80,553 **Highest:** 9/30 14,173 **Lowest:** 9/27 8,097

WEEK 1:

This week was pretty steady in my step goal. Somehow or another I made sure I went out walking enough to achieve my goal.





Low Day: Today was mostly spent relaxing and doing homework

High Day: Today I went on a run mid-day.

WEEK 2:



This week was a little uneven cause that weekend was fall break so I did a little more walking.



Low Day: Today was mostly spent in class, doing homework and preparing for fall break.

High day: I worked this day back at home and spent 8 hours on my feet