Activity diary

Friday

10A working at my desk

11A walking to class

1340 leaving class and walking to NEP

1355 riding bike to Kendall Yards

1405 arrived at Kendall Yards

Switch accelerometer from left to right hip Bit more riding to trail

1533 riding back to NEP

1534 stopped to talk with someone

1545 arrived at NEP

1545-1723 working at desk

1723 leaving NEP and getting in car

1743 arrived home

1800 preparing dinner

1845 watching a movie

1930 sitting and talking; reading

2230 turn off gps

2235 take off accel and get in bed.

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| --- | --- |
| 10am – 11am | Sitting |
| 11am – 1:40pm | Walking |
| 1:55pm – 3:45pm | Biking |
| 3:45pm – 5:23pm | Sitting |
| 5:23pm – 5:43pm | Driving |
| 6:00pm – 6:45pm | Standing |
| 6:45pm – 10:35pm | Sitting |

Saturday

0830 get up and put on accel and turn on and put on gps

835 making breakfast

Hanging around the house

1035 getting in car to drive

1135 still sitting in car

1150 driving again

1215 at a shop

1250 driving home

1310 at home

1415 going for a walk

1440 short burst of jogging

1545 back home

1700 get in car to drive

1730 go to supermarket and hardware store

1810 arrive back home

Cooking and dinner

At home

2210 turn off gps and get in bed.

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| --- | --- |
| 8:35am-10:35am | Standing |
| 10:35am – 12:15am | Driving |
| 12:15am – 12:50am | Walking |
| 12:50am – 1:10pm | Driving |
| 2:15pm – 2:40pm | Walking |
| 2:40pm – 3:45pm | Jogging |
| 5:00pm – 5:30pm | Driving |
| 5:30pm – 6:10pm | Walking |
| 6:10pm – 8:00pm | Walking |
| 8:00pm – 10:10pm | Sitting |

Sunday

915 turn on gps and put on with accel.

1125 take off accel and GPS

1245 ride bike to appointment

Take off accel and GPS

1440 put back on

1445 ride bike back home

Spending time at home

2130 turn off gps and remove accel to get in bed.

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| --- | --- |
| 12:45am – 1:00pm | Biking |
| 1:00pm – 2:40pm | Sitting |
| 2:40pm – 3:00pm | Biking |
| 3:00pm – 9:30pm | Sitting |
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Monday

715 get out of bed

748 Walk to bus stop

751 arrived at bus stop

754 get on bus

816 bus arrives at plaza

820 bus departs plaza

828 arrived at office

838 remove accel and GPS.

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| --- | --- |
| 7:15am – 7:51am | Walking |
| 7:51am – 8:28am | Driving |
| 8:28am – 8:38am | Sitting |
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