

# Sports and Wellbeing

## Assignment - 1 (Week 1)

Kousshik Raj

17CS30022

### 1. Initial Information

- Age:- 21
- Height:- 179cm
- Weight:- 68.5kg
- BMI:- 21.14
- Target:- 1.56 miles/day (2.5kms)

### 2. Daily Runs



8/16/2021

Monday Evening Run

**1.68**

Miles

**13'39"**

Avg. Pace

**23:03**

Time





8/17/2021

Tuesday Afternoon Run

**1.68**

Miles

**15'36"**

Avg. Pace

**26:18**

Time



8/18/2021

Wednesday Evening Run

**1.67**

Miles

**14'33"**

Avg. Pace

**24:17**

Time



8/19/2021

Thursday Evening Run

**1.64**

Miles

**14'09"**

Avg. Pace

**23:20**

Time



8/20/2021

Friday Evening Run

**1.70**

Miles

**14'27"**

Avg. Pace

**24:33**

Time



8/21/2021

Saturday Evening Run

**1.68**

Miles

**14'27"**

Avg. Pace

**24:15**

Time



Today

Sunday Afternoon Run

**1.85**

Miles

**14'27"**

Avg. Pace

**26:43**

Time



+2

3. Summary

August 2021 ▾

11.92

Miles

7

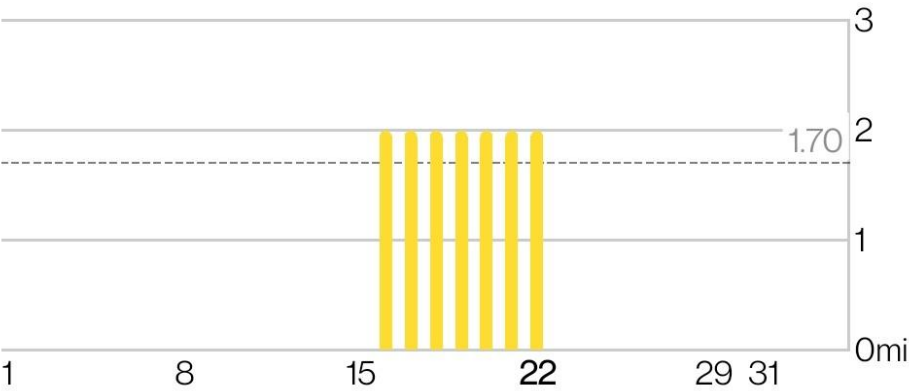
Runs

14'27"

Avg. Pace

2:52:30

Time



# Sports and Wellbeing

## Assignment - 1 (Week 2)

Kousshik Raj

17CS30022

### 1. Initial Information

- Age:- 21
- Height:- 179cm
- Weight:- 68.5kg
- BMI:- 21.14
- Target:- 1.56 miles/day (2.5kms)

### 2. Daily Runs



8/23/2021

Monday Evening Run

**1.72**

Miles

**14'27"**

Avg. Pace

**24:59**

Time



8/24/2021

Tuesday Evening Run

**1.81**

Miles

**14'27"**

Avg. Pace

**26:08**

Time



8/25/2021

Wednesday Evening Run

**1.71**

Miles

**14'27"**

Avg. Pace

**24:41**

Time



8/26/2021

Thursday Evening Run

**1.81**

Miles

**14'27"**

Avg. Pace

**26:08**

Time



8/27/2021

Friday Evening Run

**2.01**

Miles


**14'27"**

Avg. Pace

**29:01**

Time






8/28/2021  
Saturday Evening Run

1.72  
Miles

14'27"  
Avg. Pace

24:50  
Time






Today  
Sunday Evening Run

2.01  
Miles

14'27"  
Avg. Pace

29:01  
Time

### 3. Summary (Week 1 + 2)

W M Y All

August 2021 ▾

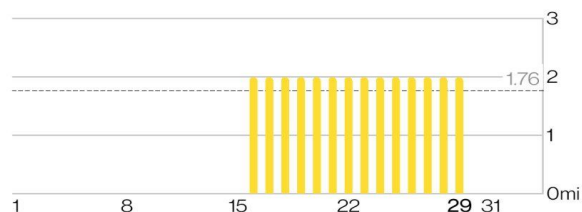
# 24.72

Miles

14  
Runs

14'27"  
Avg. Pace

5:57:23  
Time



# Sports and Wellbeing

## Assignment - 2 (Week 3)

Kousshik Raj

17CS30022

### 1. Initial Information

- Age:- 21
- Height:- 179cm
- Weight:- 69kg
- BMI:- 21.25
- Target:- 1.56 miles/day (2.5kms)

### 2. Daily Runs







9/15/2021

Wednesday Evening Run

**2.06**

Miles

**14'27"**

Avg. Pace

**29:45**

Time



9/16/2021

Thursday Evening Run

**2.06**

Miles

**14'05"**

Avg. Pace

**29:00**

Time



9/17/2021

Friday Evening Run

**1.39**

Miles

**13'42"**

Avg. Pace

**19:02**

Time





9/18/2021

Saturday Evening Run

2.24

Miles

13'57"


Avg. Pace

31:13

Time

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Today

Sunday Evening Run

2.02

Miles




14'22"

Avg. Pace

29:00

Time

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### 3. Summary (Week 3)

September 2021 

# 13.91

Miles

7

Runs

14'12"

Avg. Pace

3:17:48

Time

