Sports and Wellbeing

Assignment - 1 (Week 1) Kousshik Raj 17CS30022

1. Initial Information

• Age:- 21

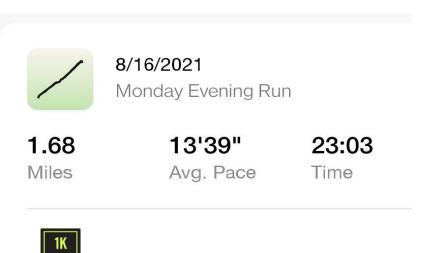
• Height:- 179cm

• Weight:- 68.5kg

• BMI:- 21.14

• Target:- 1.56 miles/day (2.5kms)

2. Daily Runs





8/17/2021

Tuesday Afternoon Run

1.68 Miles

15'36"

26:18

Avg. Pace

Time





8/18/2021

Wednesday Evening Run

1.67

14'33"

24:17

Miles

Avg. Pace

Time





8/19/2021

Thursday Evening Run

1.64

14'09"

23:20

Miles

Avg. Pace

Time



8/20/2021

Friday Evening Run

1.70

14'27"

24:33

Miles

Avg. Pace

Time





8/21/2021

Saturday Evening Run

1.68

14'27" 24:15

Miles

Avg. Pace

Time



Today

Sunday Afternoon Run

1.85

14'27"

26:43

Miles

Avg. Pace

Time







3. Summary

August 2021 🗸

11.92

Miles

7

14'27"

Runs Avg. Pace

2:52:30

Time

