

# Sports and Wellbeing

## Assignment - 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

