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





8/25/2021

Wednesday Evening Run

1.71

14'27"

24:41

Miles

Avg. Pace

Time





8/26/2021

Thursday Evening Run

1.81

14'27"

26:08

Miles

Avg. Pace

Time



8/27/2021

Friday Evening Run

2.01

14'27"

29:01

Miles

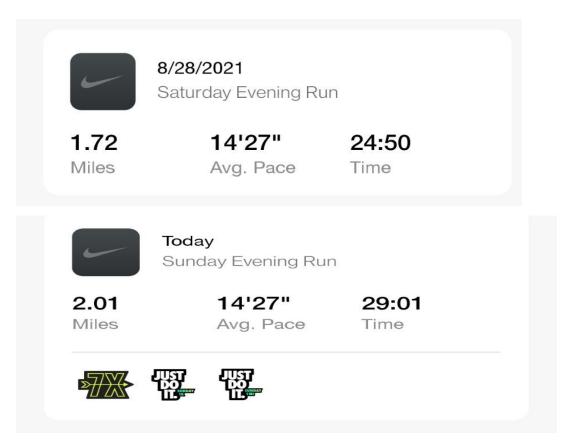
Avg. Pace

Time









3. Summary (Week 1 + 2)

