Sports and Wellbeing

Assignment - 2 (Week 3) Kousshik Raj 17CS30022

1. Initial Information

• Age:- 21

• Height:- 179cm

• Weight:- 69kg

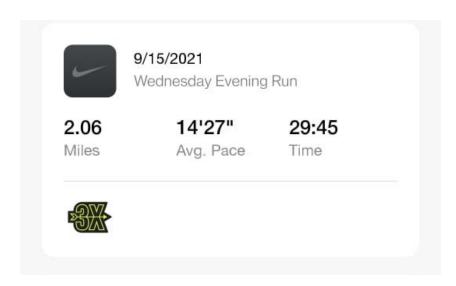
• BMI:- 21.25

• Target:- 1.56 miles/day (2.5kms)

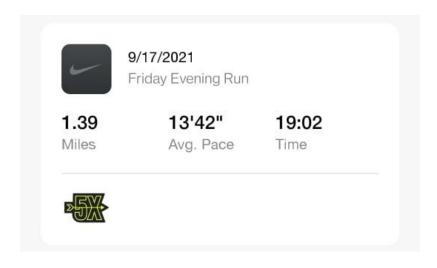
2. Daily Runs









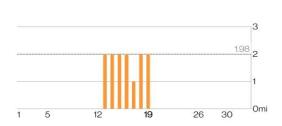






3. Summary (Week 3)





3:17:48

Time