Hourly Average Steps vs hour of day 600 average steps per hour average_steps 400 **-**500 400 300 200 200 -100 22:00:00 23:00:00 00:00:60 14:00:00 15:00:00 16:00:00 19:00:00 20:00:00 21:00:00 11:00:00 17:00:00 00:00:00 03:00:00 04:00:00 05:00:00 00:00:90 08:00:00 10:00:00 18:00:00 01:00:00 02:00:00 07:00:00 12:00:00 13:00:00 hours