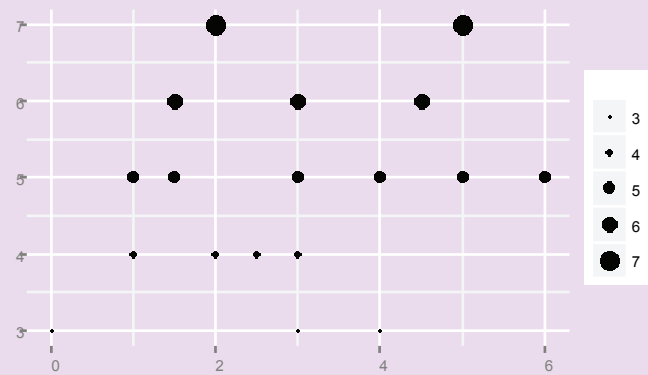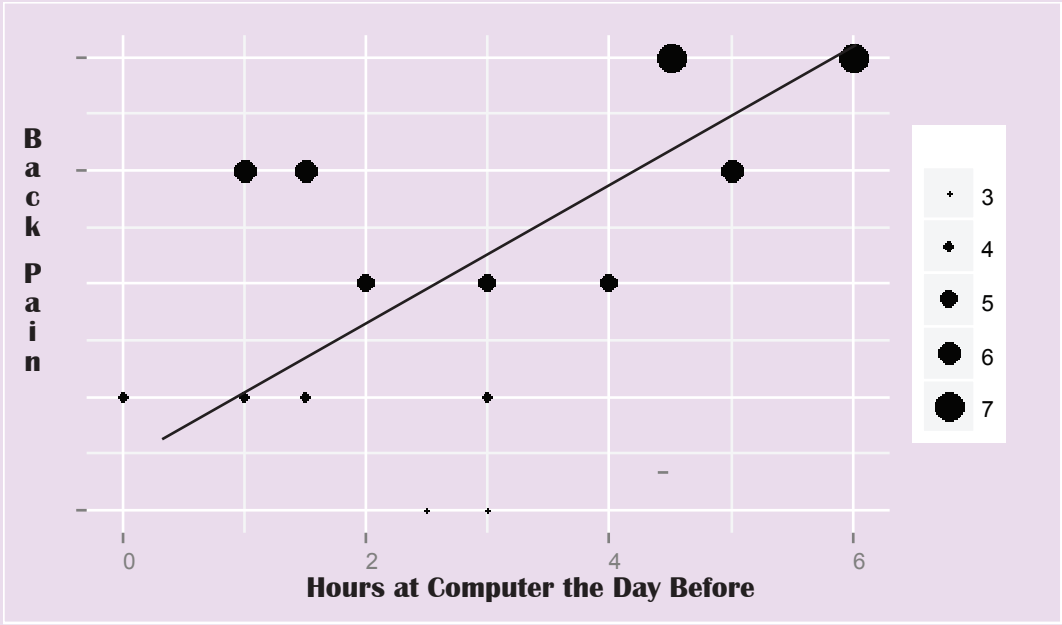# A Pain in the Back
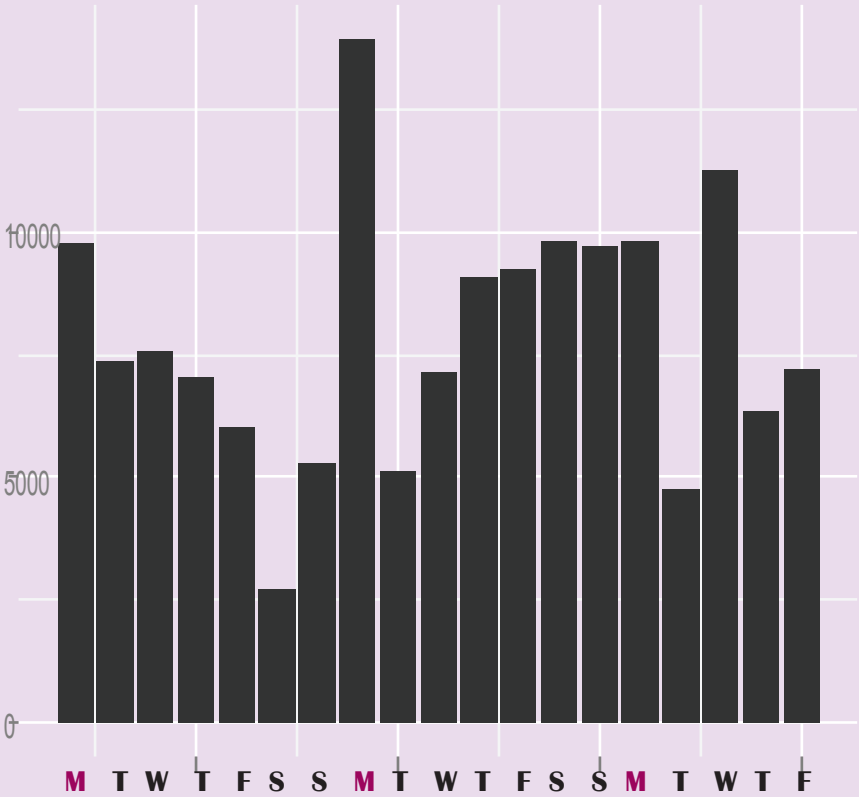## Computer work and chronic back pain

## graph (a)

There was no correlation in the severity of back pain with the number of hours at the computer in the same day, however, graph (b) tells the story for the day **after** a long day at the computer.

Legend: 3 4 5 6 7

## graph (b)

Back pain on a ten point scale, charted against the number of hours at the computer the day before, show a correlation.

Legend: 3 4 5 6 7

**Back Pain**

**Hours at Computer the Day Before**

## graph (c)

**92kg**
**Base Weight**

I was curious about the concept of "water weight," so I did not change my eating patterns to see how my normal weight fluxuates. 92kg was taken as the base weight because it was the mode, median and mean of my data set.
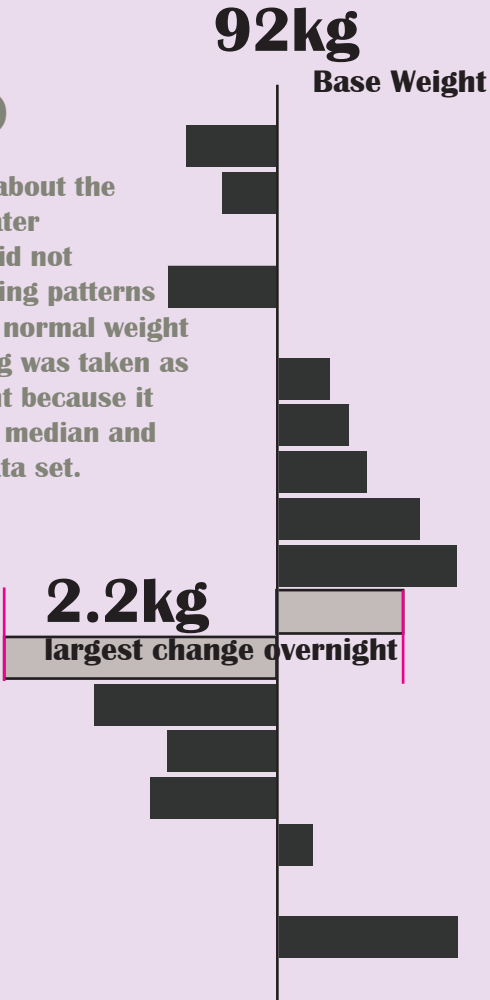
**2.2kg**
**largest change overnight**

## graph (d)

This is a graph of "unencumbered steps," since my Pebble and fitbit do not register steps taken while pushing a stroller, holding a child or carrying a laundry basket, which is about 80% of my steps in a day.

10000

5000

0

M T W T F S S M T W T F S S M T W T F

**Average Steps:**
**7,863**

# A Pain in the Back
## Computer work and chronic back pain

## graph (b)

Back pain on a ten point scale, charted against the number of hours at the computer the day before, show a correlation.

**Legend:** 3, 4, 5, 6, 7

**Y axis:** Back Pain
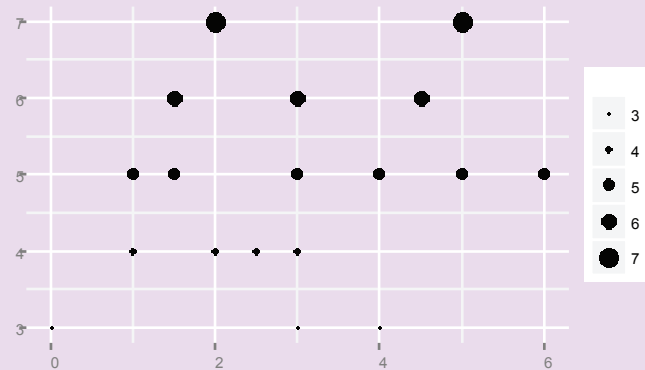
**X axis:** Hours at Computer the Day Before

## graph (c)

I was curious about the concept of "water weight," so I did not change my eating patter... to see how my normal we... fluxuates. 92kg was take... the base weight because... was the mode, median a... mean of my data set.
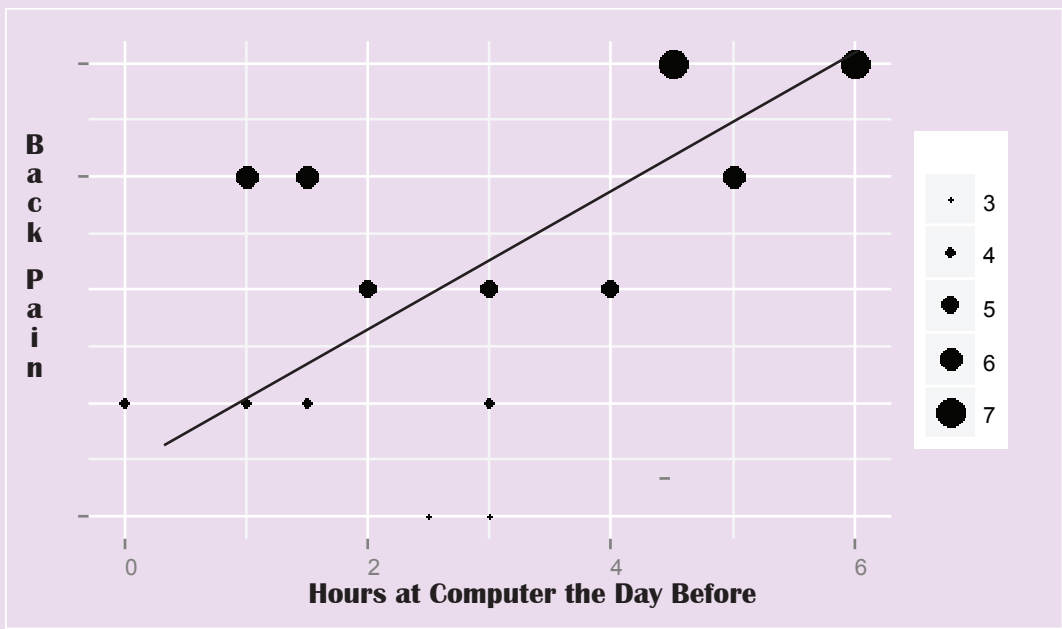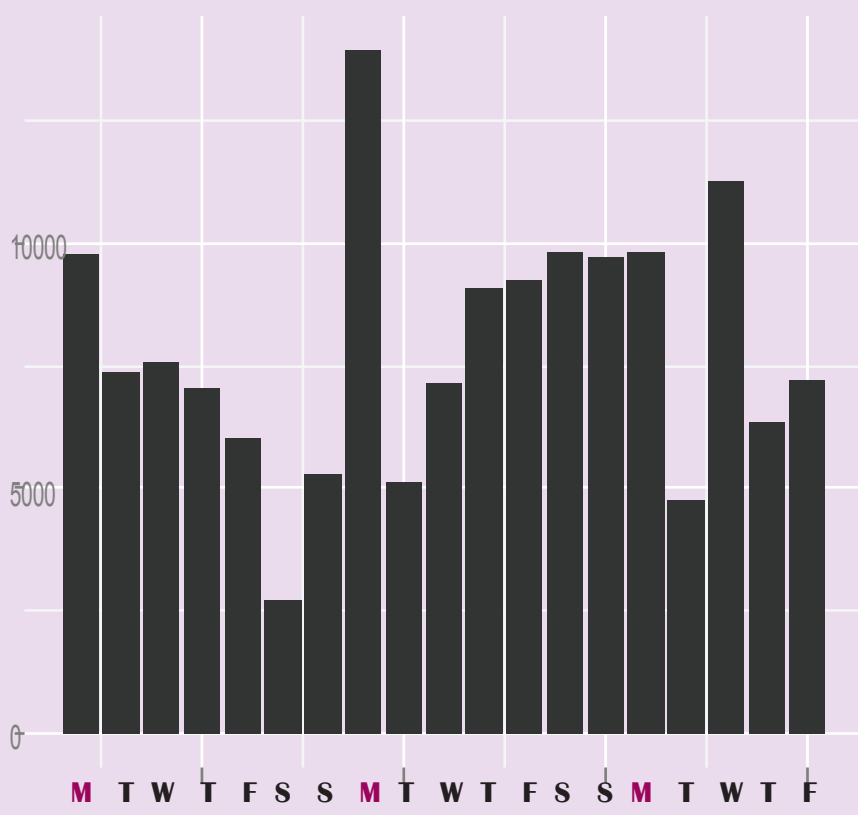
**2.2...**
**larges...**

## graph (d)

This is a graph of "unencumbered steps," since my Pebble and fitbit do not register steps taken while pushing a stroller, holding a child or carrying a laundry basket, which is about 80% of my steps in a day.

**Average Steps:**
**7,863**

Y axis values: 10000, 5000, 0

X axis: M T W T F S S M T W T F S S M T W T F