

WALKING DISTANCE ANALYSIS

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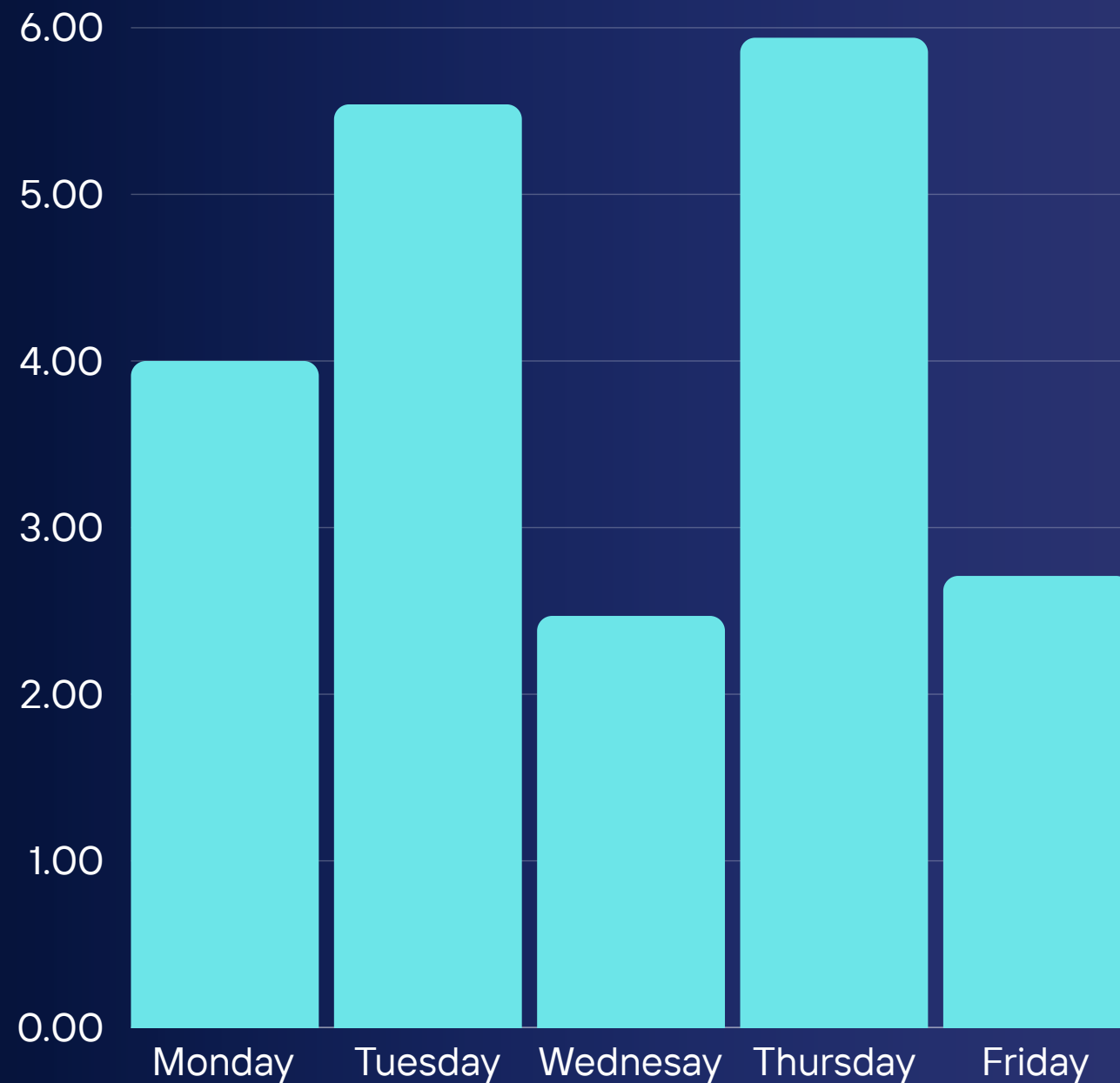
Definition of a problem

- ▶ Not being enough physically active.
- ▶ Walk 6km every day.

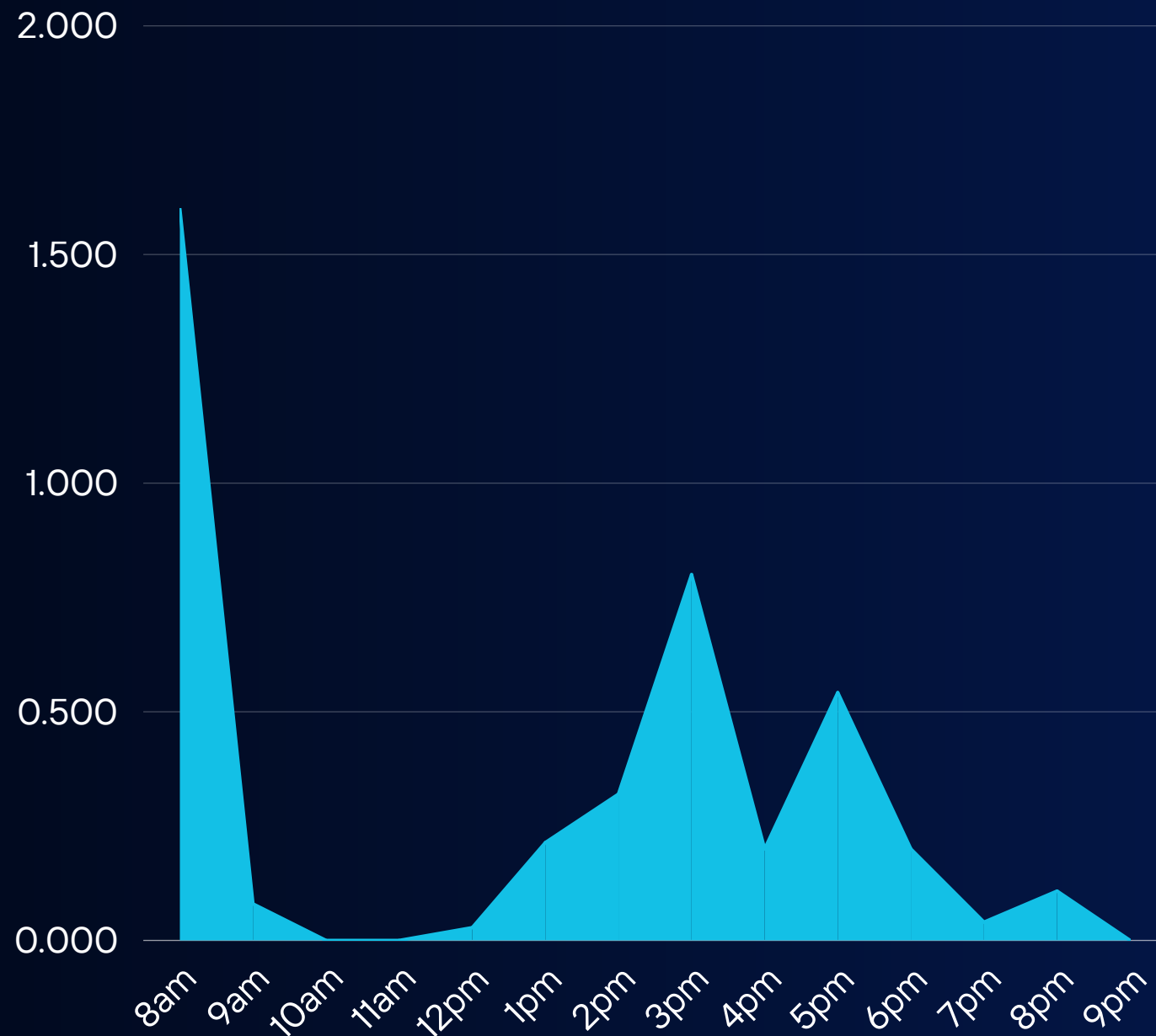
Questions to determine and help solve problem

- ▶ What encourages me to walk everyday?
- ▶ What stops me from walking 6km everyday?
- ▶ What are the obstacles and how I could overcome them?

Distance (km)
walked each
day within
5 consecutive
days



Average distance
(km) walked per
time of a day
within 5
consecutive days



Patterns, trends and conclusion

1

I am not achieving my goal every day.

2

Start of a week looked better, because I had a good rest on a weekend and my energy level was higher. Thursday was an exception (outlier), because I was in another city where I had to walk a lot due to work commitments.

3

I walked more in the morning because I needed to take my child to pre-school and I had more energy in the morning. At later times I was taking a car to pick up my daughter and do errands.

4

I was walking less with each consecutive day and throughout a day due to workload/studies.

Solution and suggestions

Time management and prioritising of tasks

Spread work/studies into reasonably proportional chunks throughout a week, so I do not overload myself, I take good breaks and have more free time in the middle of a day for walking. Subsequently I am not exhausted in the evening and I can do some evening walks as well.

Consistency and discipline

Use fitness tracker (similar app) to track and remind me regularly of my results, so I know how I am performing and therefore remember about my targets

Use all opportunities to walk

Use car less and other means of transportation less when doing errands (bring and pick up child from pre-school etc.) consider walking instead.