

arm-pit

Notebook: ! armour's notebook

Created: 2/14/2019 5:37 PM

Updated: 2/15/2019 12:09 AM

Location: 37°47'48 N 122°23'53 W

What's happening currently

Current targets

Walking

- 5,000 steps per day
- 20 'heart minutes' per day
- 45 minutes of movement per day

Weight currently 87/88 kg

- Medium term: get back down to 84 kg - my weight before Thanksgiving
- Longer term: 80 kg

Current devices/monitors

Google Fit app

- Google Pixel 3 XL Phone monitors walking
- Fit-Index app and ES-26M scale monitor weight, BMI etc

Standalone/unconnected

- \$10 pulse oximeter - nice but no wifi
- I like the Fitbit but lose/put in washing machine too often/has issues connecting

Current level of drive

- Very much in a 'don't break the chain' mode with my walking
 - May or may not be good
- Need to add some non-walking moves

What's wanted in the future

Building a ongoing coach/player effort

Standing agendas for online meetups

- What are the things we should discuss?

Effective communication

Written, online, collaborative

- Tools: groups.io? github?

Fees/Scheduling/Insurance

Can this work within existing frameworks?

- Or do we create new non-sickness-plan ways of collaborating?

What to plan for

Before exercising / Planning / Signalling

Building up to a list of daily exercises/movement routines

- For the next 5/10 years?

Better ways of signaling the time for doing something

- Too easy to ignore the bell

While Exercising

Things to think about while I am walking up and down the hall

- Standing up straight, stretching neck, squeezing handles hard etc

After exercising

Android app so I can share Google fit data with family and friends

- Fast and easy ways of keeping data and reporting progress