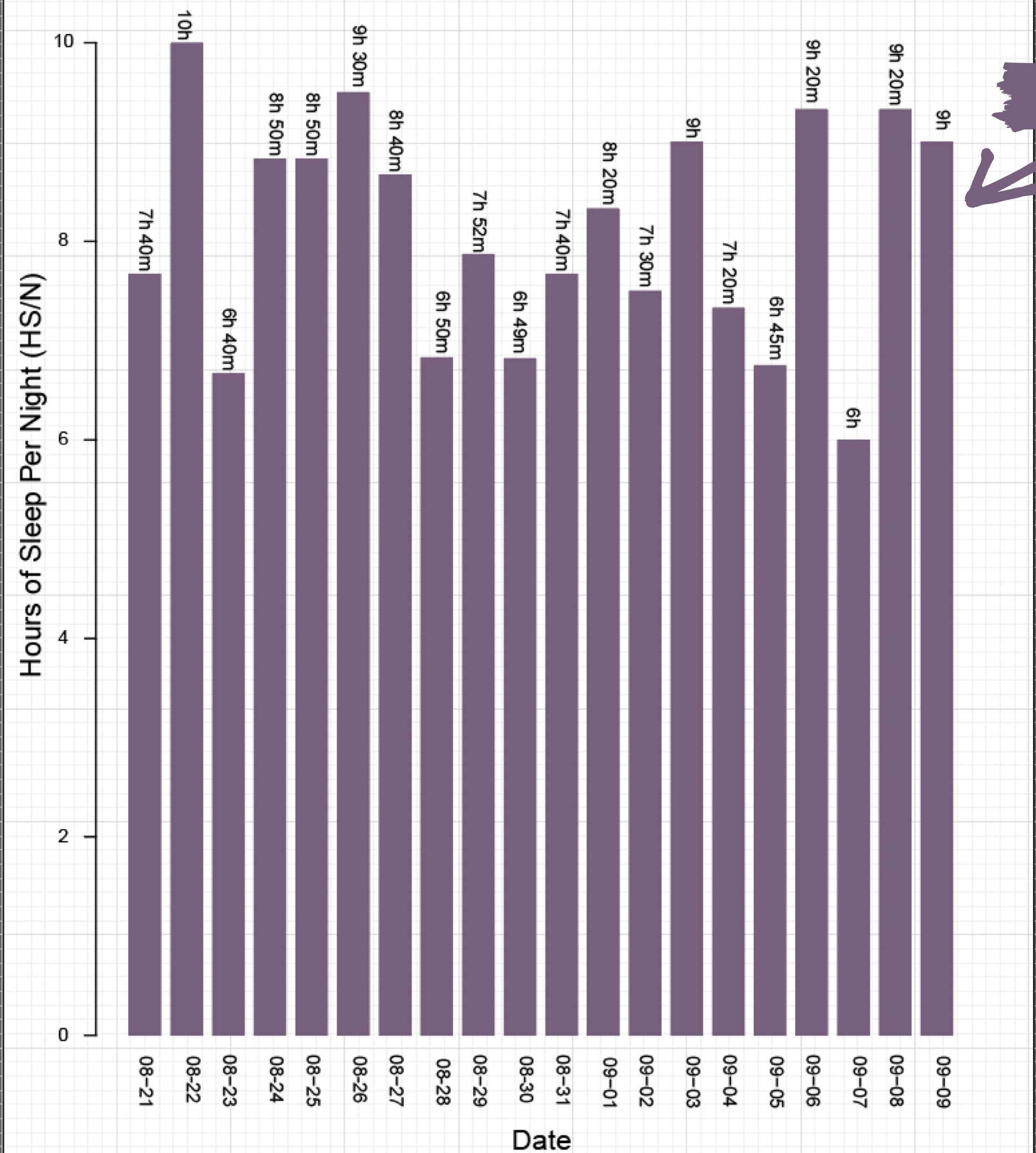


### Claudia Bock's Hours of Sleep 08/21-09/09



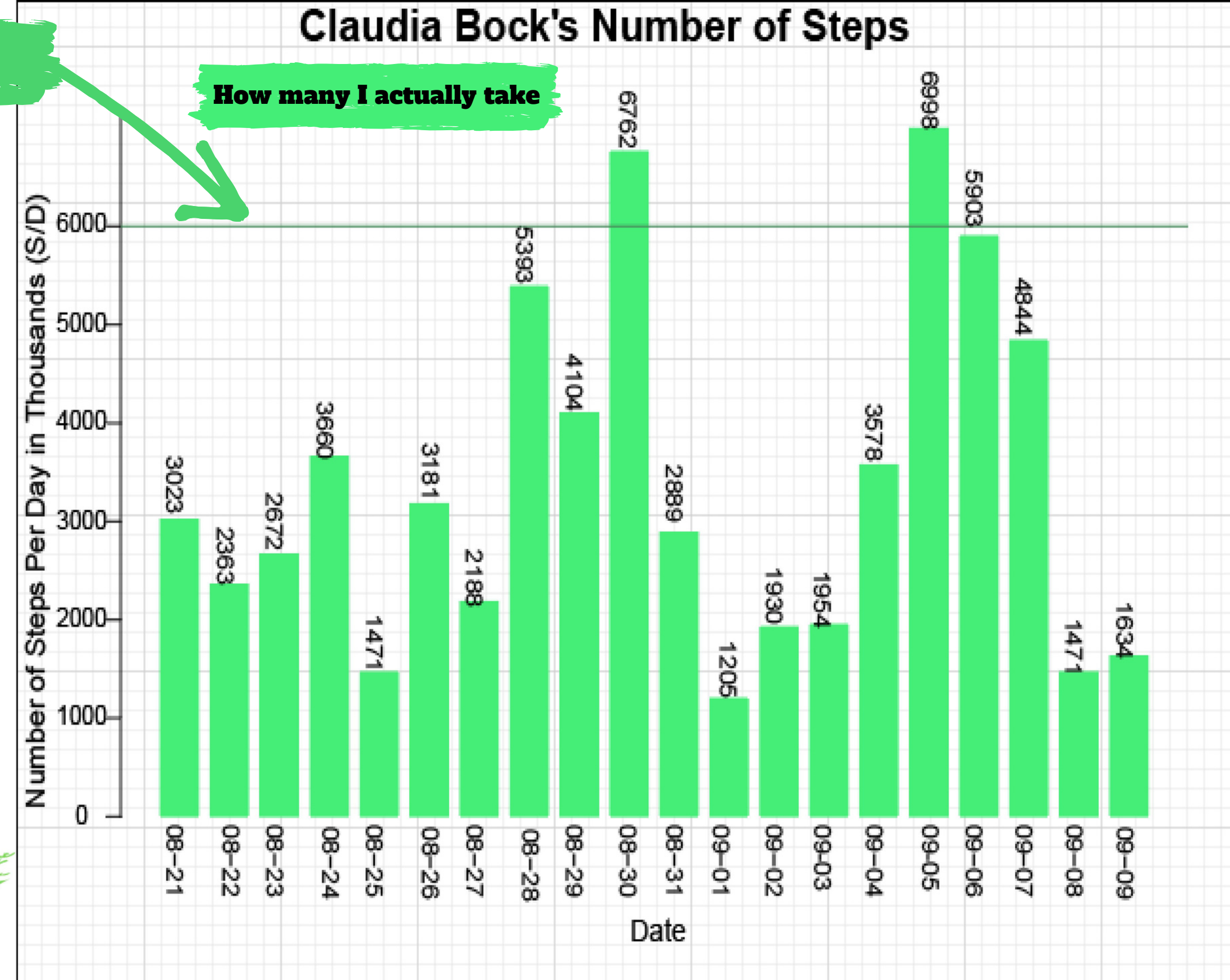
Amount of sleep I get

I had my phone track how many steps I took per day using the Samsung Health app. My step goal is 6000 steps per day. Then I graphed it using a bar chart. I chose this style to clearly show a comparison between how many steps I'm supposed to get and how many I actually take.

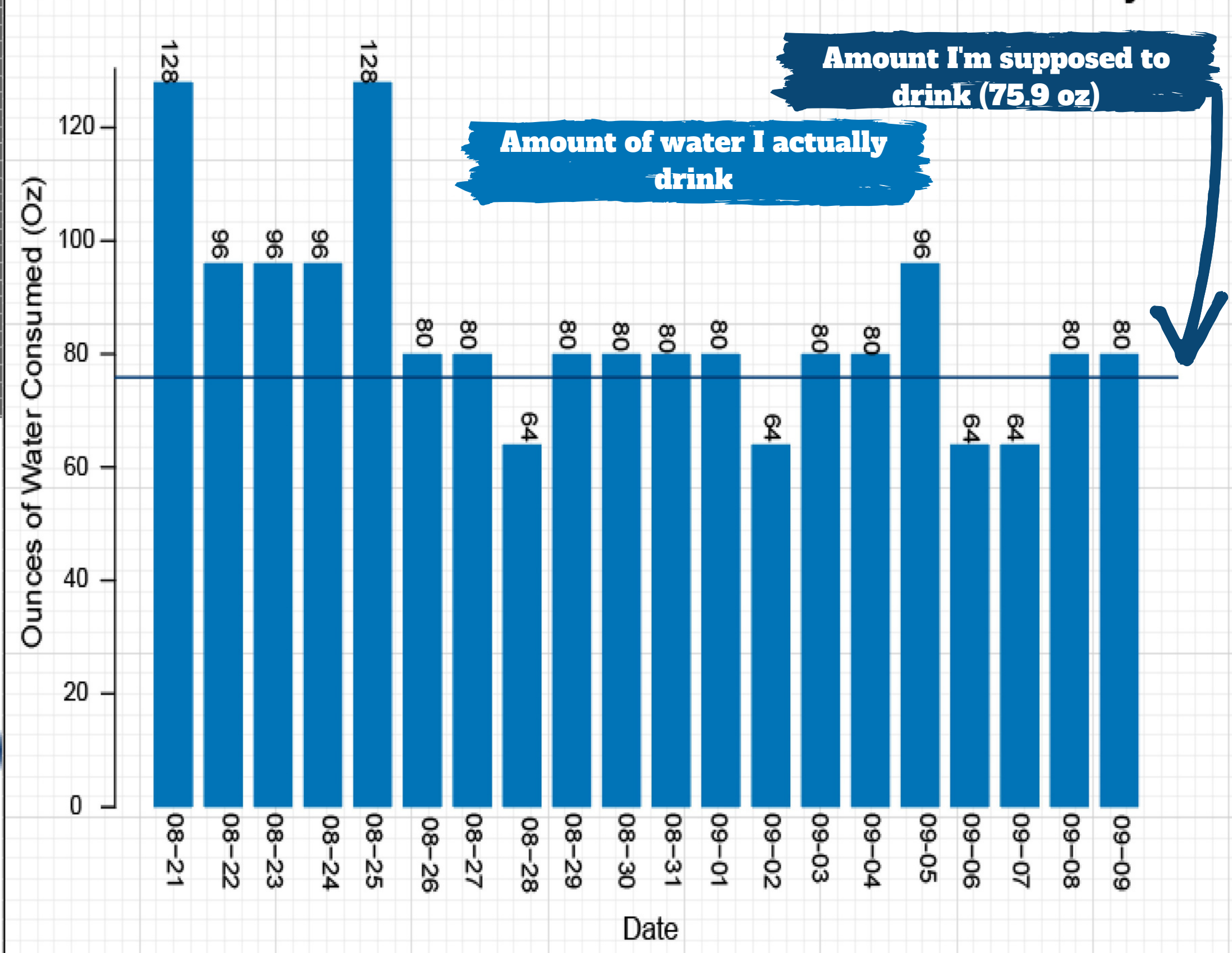


Amount of steps I'm supposed to take (6000)

How many I actually take



### Claudia Bock's Ounces of Water Consumed Per Day



Amount I'm supposed to drink (75.9 oz)

Amount of water I actually drink

## CLAUDIA BOCK'S OVERALL WELL BEING 08/21-09/09

### WHAT'S MEASURED IN THIS REPORT?

 NUMBER OF STEPS PER DAY WITHIN THIS TIMEFRAME

 OUNCES OF WATER CONSUMED PER DAY WITHIN THIS TIMEFRAME

 HOURS OF SLEEP PER NIGHT WITHIN THIS TIMEFRAME

I had my phone track my sleeping patterns using the Samsung Health app. Then I graphed it, labelled the dates, and labelled each individual bar so that you could see the definitive amount of sleep I had.

 I measured my daily water intake from August 21st to September 8th using an app called Water Drink Reminder. I have a 32 oz water bottle and would log every time I refilled it and how much I drank out of it (there are ways to do half measurements on the app).