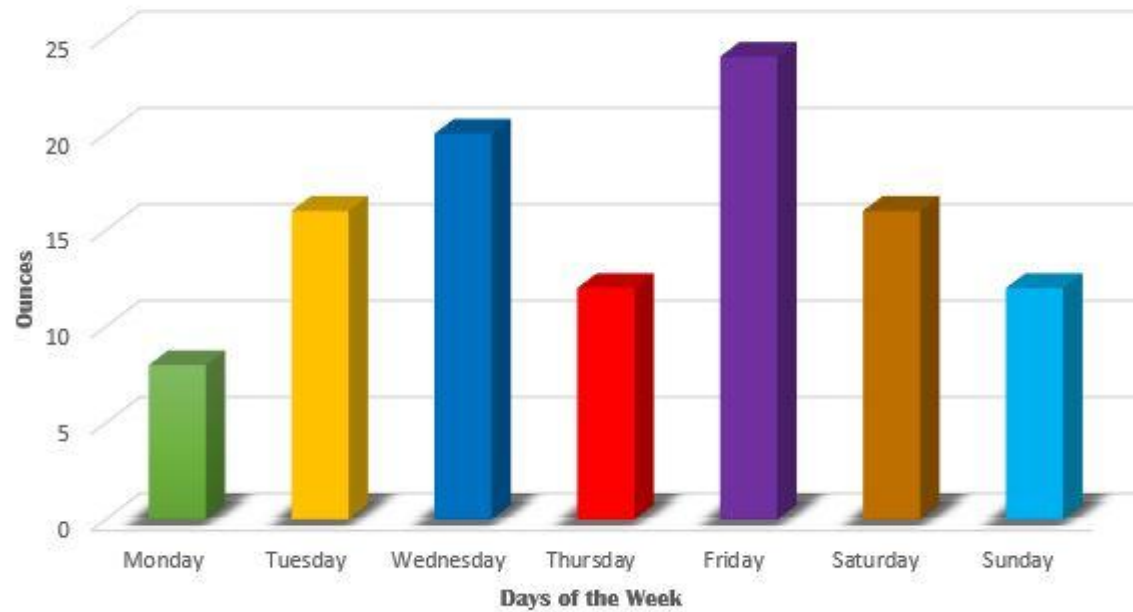
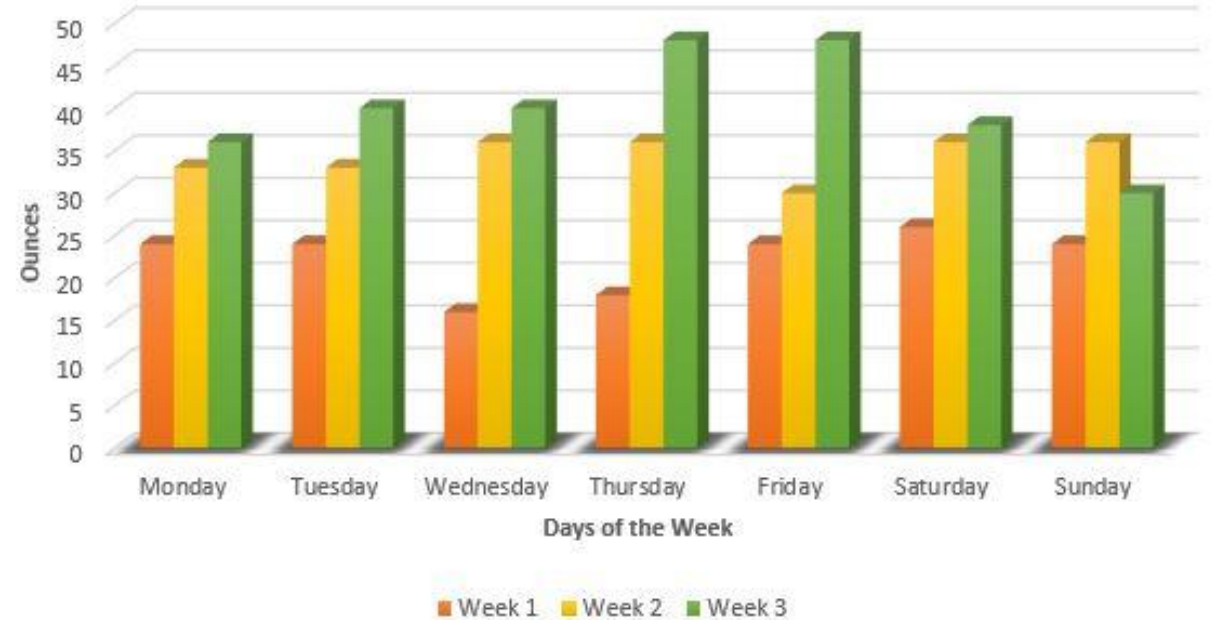


Baseline Water Intake

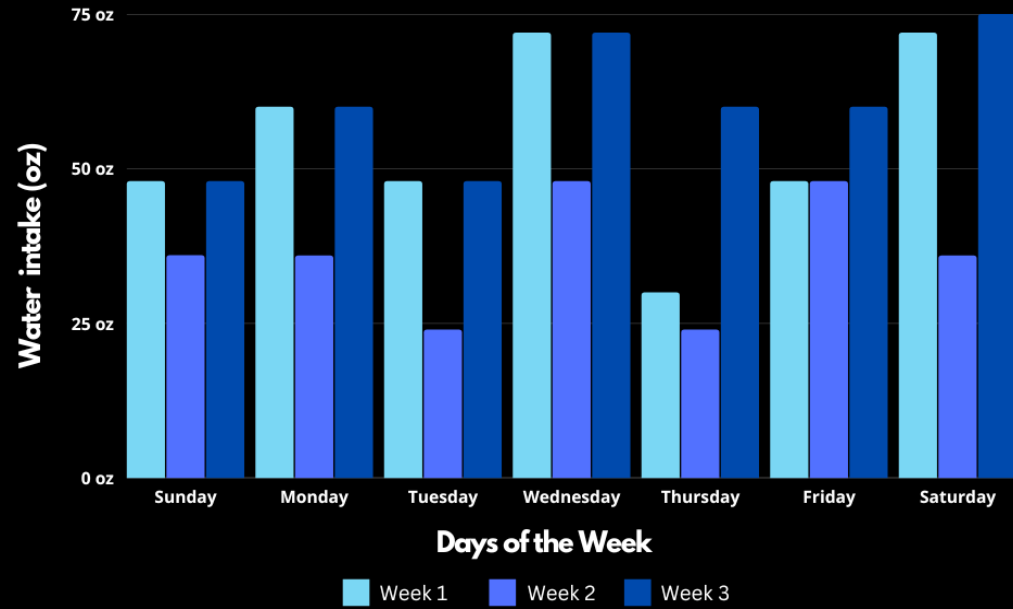


3 Week Water Intake



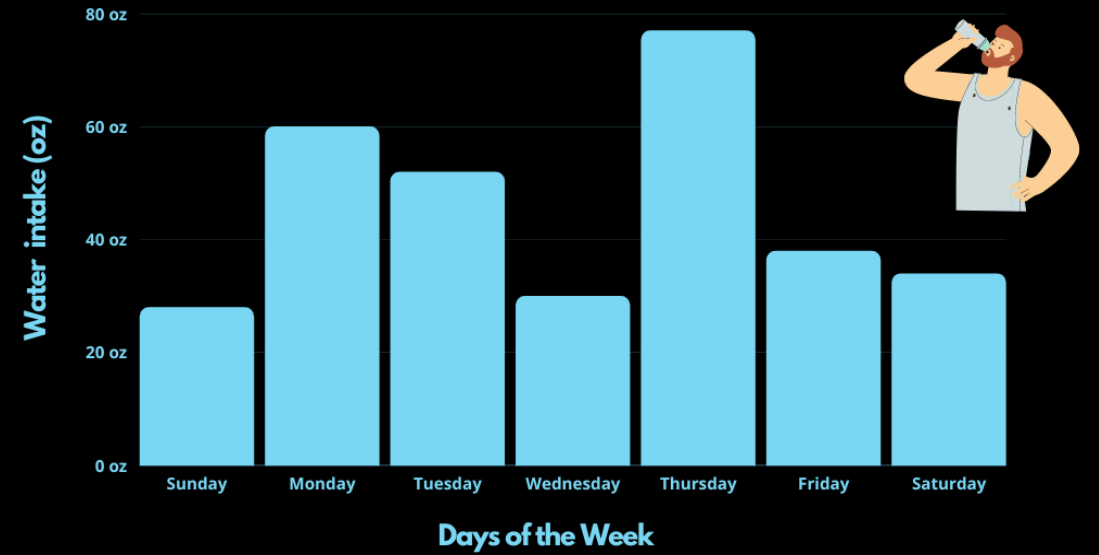
Water Intake

GRACE COLLIER



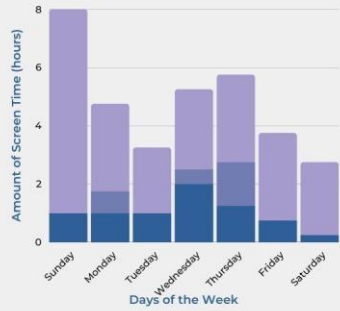
Water Intake

GRACE COLLIER



WEEK 2 SCREEN TIME

SCREEN TIME USAGE



Total: 33.5
Target time: 33.98625

OVERALL PHYSICAL ACTIVITY

SCREEN TIME USAGE



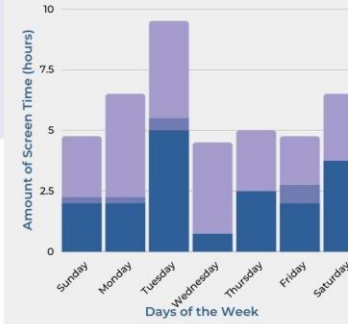
Physical Activity

- Walking
- Working out at the gym

Increased by at least one hour each week following baseline tracking.

WEEK 1 SCREEN TIME

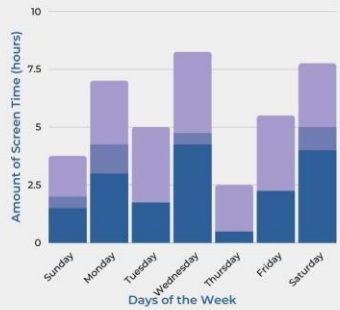
SCREEN TIME USAGE



Total: 41.5
Target time: 37.7625

BASELINE SCREEN TIME

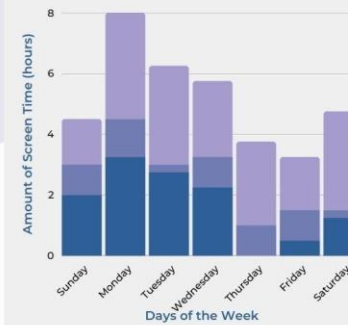
SCREEN TIME USAGE



Total: 39.75

WEEK 3 SCREEN TIME

SCREEN TIME USAGE



Total: 36.25
Target time: 28.8883