

GETTING OUT & STAYING IN

Visualizing time spent indoors and outdoors, and the factors that influence both

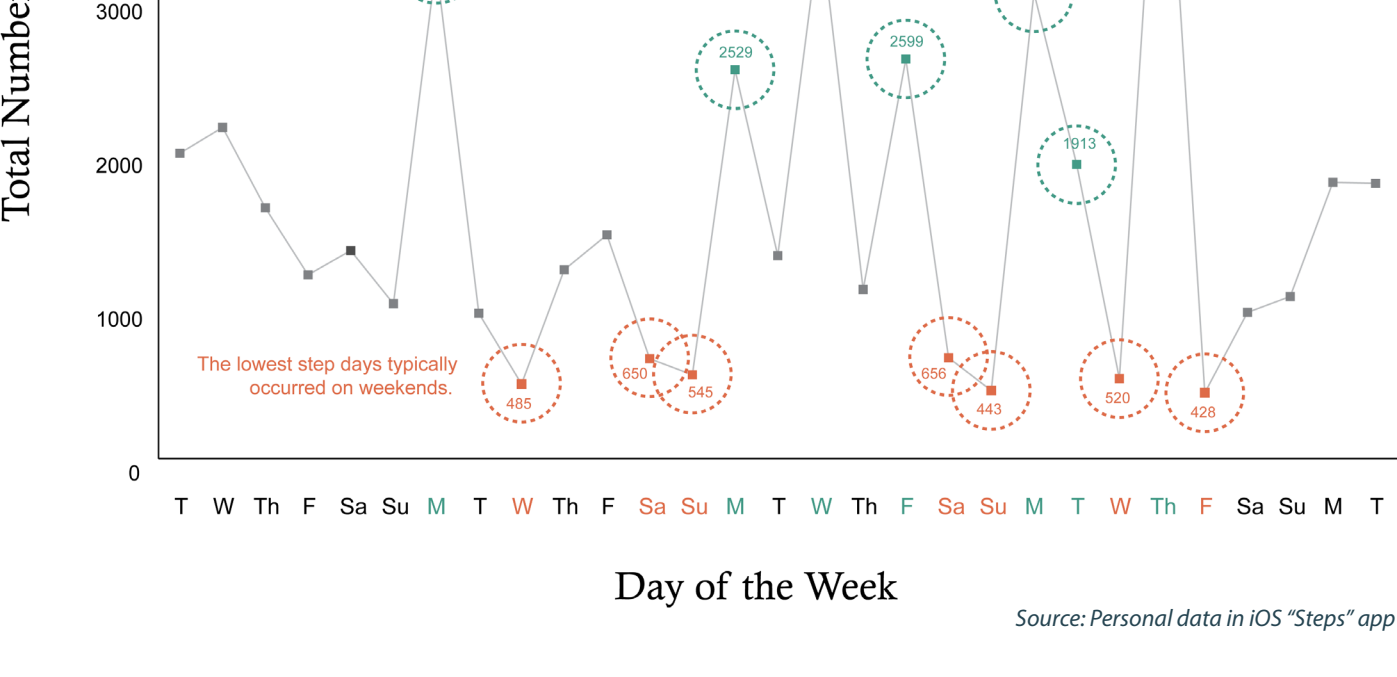
Stephanie Marjanmead | March 2021

Focusing on health is more important than ever now that we're all spending so much time indoors, but there are many outside factors that influence how much activity I get in a day. The temperature outside, how long I spend in meetings, and even how much time I waste on my phone all impact how often I get outside and walk.

Harvard Medical School wrote that walking for just 21 minutes a day can cut risk of heart disease by 30%, lower women's risk of obesity, and even be as effective as drugs for decreasing depression and relieving stress. With *Getting Out & Staying In*, visualizations of my activity over one month will help me analyze my daily steps and the factors that influence them to determine where I can improve my habits.

STEPS TAKEN

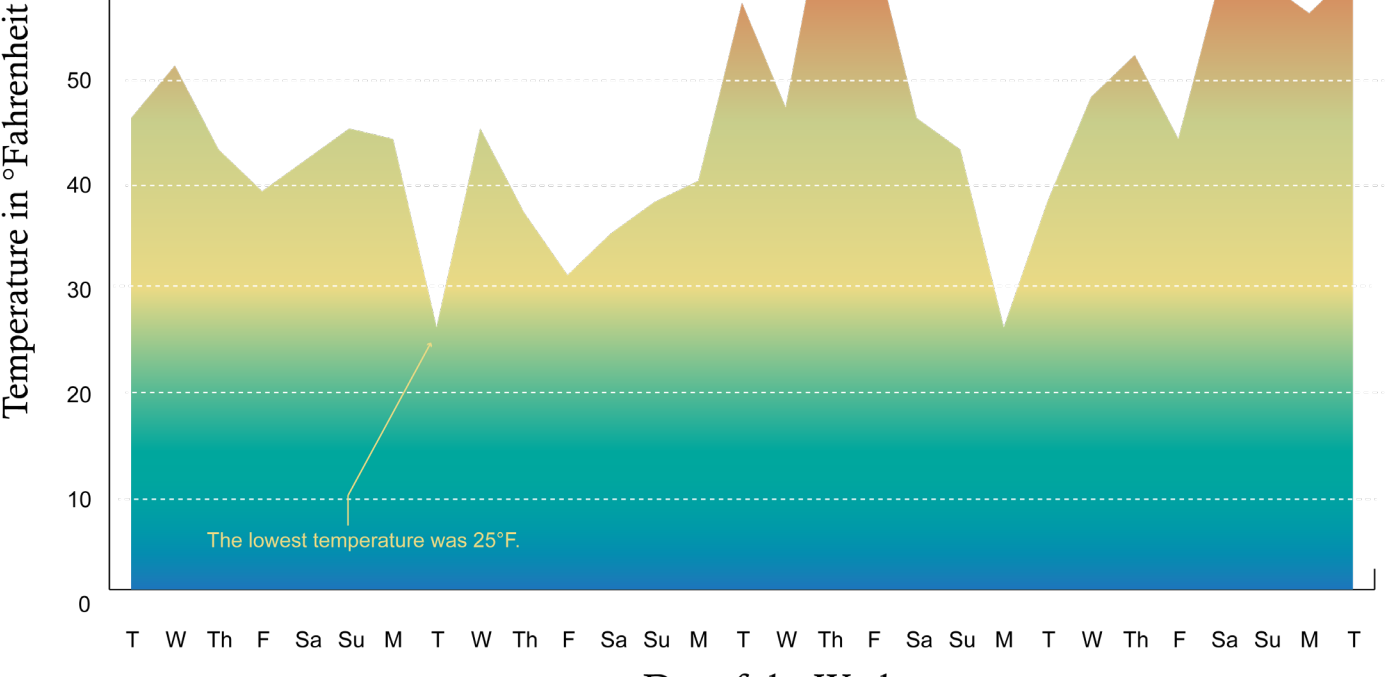
Several high points during the month and several low points are highlighted. All seven of the highest step days occurred on weekdays, while four of the seven lowest step days occurred on the weekend. These trends indicate that on weekends, I normally stayed in the house, while on weekdays, I actually went outside for walks.



Source: Personal data in iOS "Steps" app

DAILY TEMPERATURE

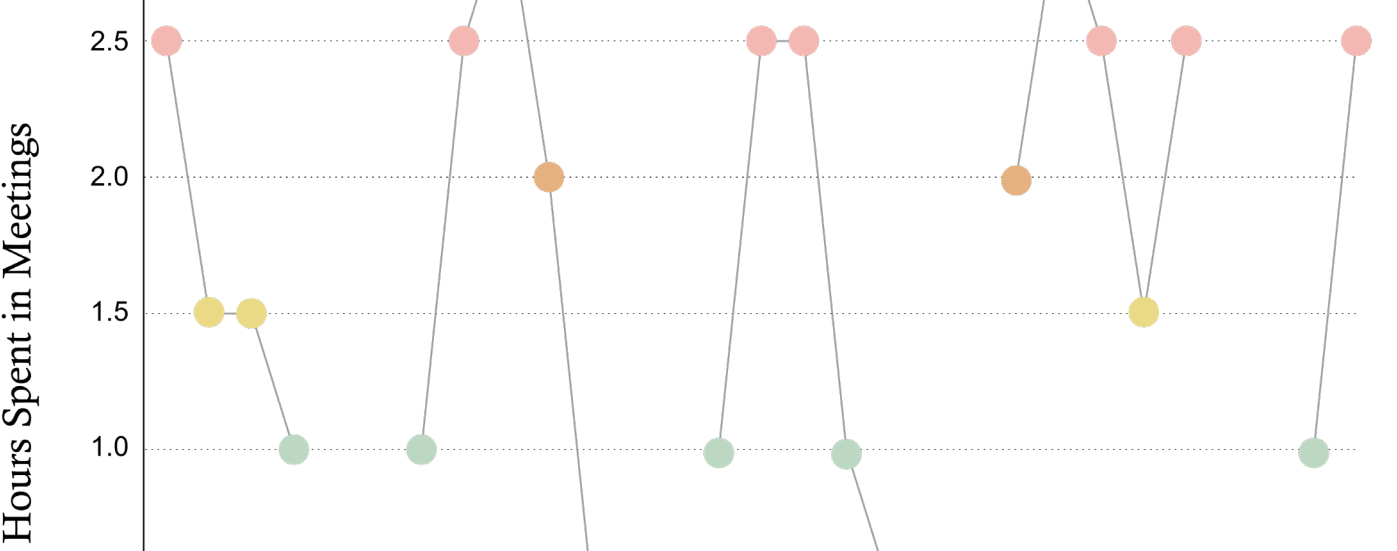
Here in Maine, the temperature in early Spring isn't what most would consider "warm." To me, 40°F can feel warm! There were several days over the month where the weather felt pleasantly warm, all things considered. The weather, of course, is agnostic of weekends or weekdays.



Source: Kittery, ME historic weather, February - March 2021 (<https://weather.com/weather/monthly/l/Ac7dec131287067aa6618e13f4b76752bc15ee600ceef8cf38c99b5df2d563f6>)

TIME SPENT IN MEETINGS

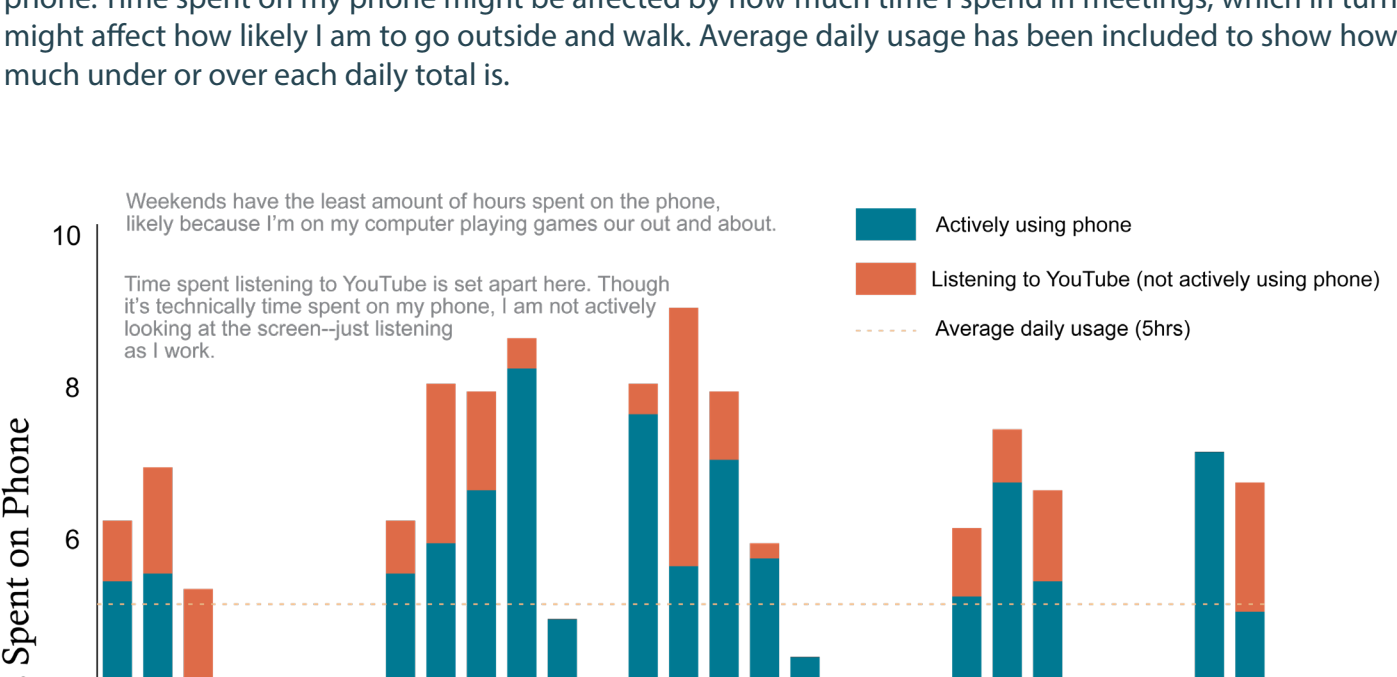
Time spent in meetings during the day certainly affects how much I walk, whether it means wanting to get out less because I have less spare time, or wanting to get out more because I want to escape the meetings. In this visualization, weekends are excluded, as I don't have any meetings on those days.



Source: Personal Outlook work calendar

Time Spent on Phone

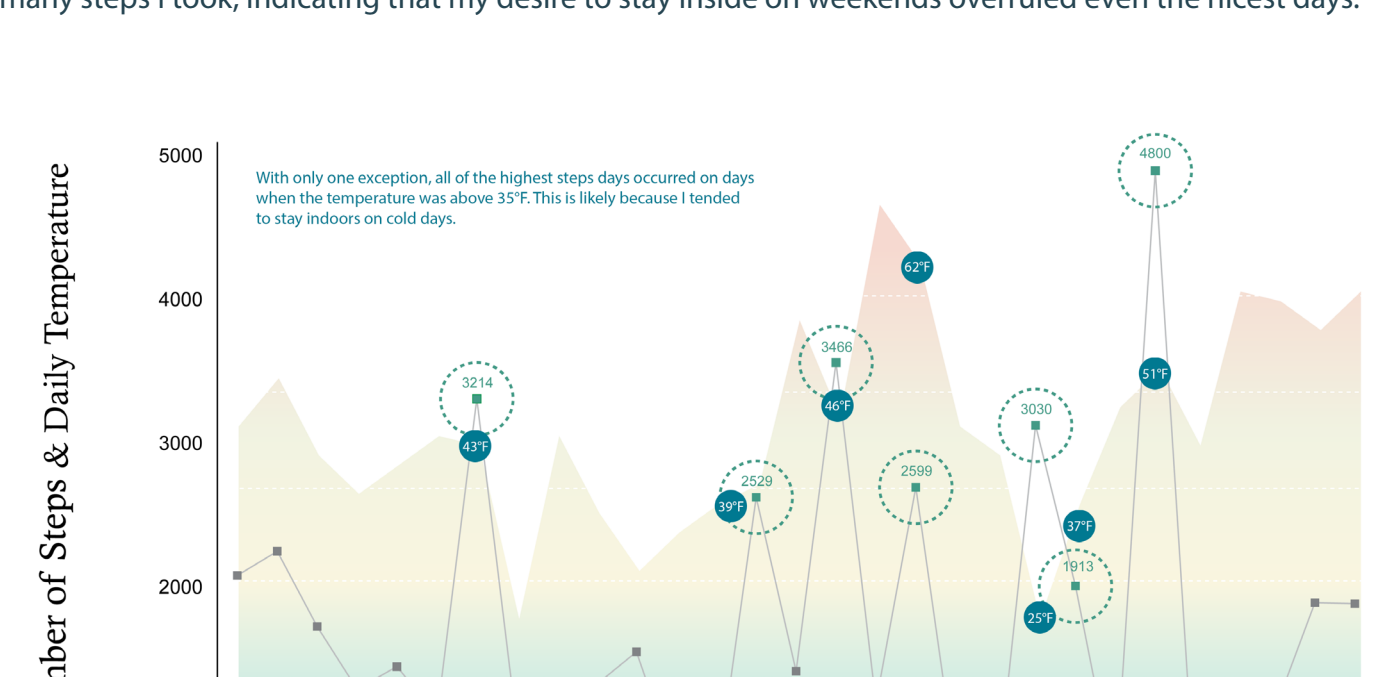
The amount of time I spend (or waste) on my phone on a weekend to be significantly higher on weekdays. This makes sense, as I'm typically on my computer on weekends and have less of a drive to be on my phone. Time spent on my phone might be affected by how much time I spend in meetings, which in turn might affect how likely I am to go outside and walk. Average daily usage has been included to show how much under or over each daily total is.



Source: Personal iOS "Screen Time" app

Comparison: Steps Taken vs. Temperature

In comparing my daily steps taken with the daily temperature, one pattern to note is that I typically only went outside when the weather was above 35°F. Warm temperatures on weekends do not seem to affect how many steps I took, indicating that my desire to stay inside on weekends overruled even the nicest days.



Comparison: Time in Meetings vs. Time on Phone

When comparing the visualizations for time spent in meetings and time spent on phone, there is a clear relationship. The more time I spend in a meeting, the more likely I am to spend time on my phone.



Putting It Together

Taking the top three highest step days and comparing the data from each of those three days, there are some patterns to make note of: warm temperatures, more time in meetings, and more time on phone.

#1 Highest Steps Day

- Temperature: 51°F (high)
- Time in Meetings: 1.5 hrs (average)
- Time on Phone: ~7 hrs (high)

#2 Highest Steps Day

- Temperature: 46°F (high)
- Time in Meetings: 2 hrs (high)
- Time on Phone: ~7 hrs (high)

#3 Highest Steps Day

- Temperature: 43°F (high)
- Time in Meetings: 1 hr (low)
- Time on Phone: ~4 hrs (low)