Fitness Tracker Trends

Step 1: Review the Step Count Data - A student tracked their **daily step count** for 30 days.

Daily Steps (Days 1-30):
5,000, 6,200, 7,800, 6,500, 8,100, 5,900, 7,200, 6,000, 8,500, 7,000,
5,800, 9,000, 6,400, 8,200, 7,900, 7,300, 8,400, 6,100, 7,700, 8,000,
6,300, 7,600, 9,200, 8,300, 6,800, 7,400, 7,800, 8,700, 7,200, 6,500

Step 2: ChatGPT Prompt - Copy and paste this into ChatGPT:

"Please calculate the **average steps per week** from this data:
5,000, 6,200, 7,800, 6,500, 8,100, 5,900, 7,200, 6,000, 8,500, 7,000,
5,800, 9,000, 6,400, 8,200, 7,900, 7,300, 8,400, 6,100, 7,700, 8,000,
6,300, 7,600, 9,200, 8,300, 6,800, 7,400, 7,800, 8,700, 7,200, 6,500.
Then create a **line chart** showing daily step counts and describe the trend."

Step 3: Record Your Results

Week	Average Steps per Day
Week 1 (Days 1-7)	
Week 2 (Days 8-14)	
Week 3 (Days 15-21)	
Week 4 (Days 22-28)	
Week 5 (Days 29-30)	

Step 4: Check Your Understanding

1. Which week had the **highest average steps**?
   ☐ Week 1   ☐ Week 2   ☐ Week 3   ☐ Week 4

2. Which week had the **lowest average steps**?
   ☐ Week 1   ☐ Week 2   ☐ Week 3   ☐ Week 4

3. What was the **overall average steps per day** for the month?
   ☐ About 6,500   ☐ About 7,000   ☐ About 7,500   ☐ About 8,000

4. Did the person's activity level **increase or decrease** over time?
   ☐ Increased   ☐ Decreased   ☐ Stayed the same

5. What kind of chart best shows changes over time?
   ☐ Pie chart   ☐ Line chart   ☐ Bar chart   ☐ Histogram