

Test-users Report

The recommended weekly amount of exercise for teenagers is 4 hours of moderate to vigorous activity. The results from my test users were as follows. The names have been erased for data protection reasons.

Sex and Age	Weight Range	Activity + Time	Total Time	Calories burned
Male age 15	9 Stone range	Walking 2mph - 2 hours	2 hours	296
Female age 16	9 Stone range	Swimming – 30mins, Walking 3mph – 2hours Running 6mph – 2hours	4.5 hours	1,714
Male aged 15	13 Stone range	Walking 3mph – 3.5 hours Tai chi - 1 hour Football – 1 hour Swimming 30mins	6 hours	2,266
Male aged 16	11 Stone range	Badminton – 30mins Golf – 1.5 hours Walking 2mph – 4 hours	6 hours	1,650
Female aged 16	9 Stone range	Aerobics – 30mins Squash – 30 mins Running 6.7 mph– 1.5hours Walking 3mph – 2 hours Cleaning, house – 30mins Cooking/Food prep–30mins Dancing – 1 hour Playing cello – 30mins Badminton-30min	7.5 hours	2,528

Most users were above the recommended 4 hours of exercise but some of the activities, though burning calories, may not be considered moderate to vigorous exercise (e.g. playing cello). The user who did under 4 hours of exercise was confidentially sent his data in an e-mail along with suggestions for other activities he could do to increase his level of exercise, e.g. walking more, playing football once a week, playing indoor sports.

The other users were also sent their data confidentially in an e-mail and thanked for taking part in the study.