

MOVEMENT STATISTICS

THE DAYS



the travails of an unwanted son
by Lindsay Wincherauk

MOVEMENT RECORD BOOK

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

Real Life
Movement Statistics
By Lindsay Wincherauk

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

2024

| Month | MONTH | STEPS | MILES | MPD | SPD |
|-------|-------------|-----------|----------|-------|-----------|
| jan | January | 719,758 | 362.10 | 11.68 | 23,218.00 |
| feb | February | 748,352 | 381.66 | 13.63 | 26,726.86 |
| march | March | 677,756 | 450.44 | 14.53 | 21,863.10 |
| apr | April | 678,191 | 357.83 | 11.93 | 22,606.37 |
| may | May | 126,591 | 65.48 | 2.11 | 4,083.58 |
| june | June | 0 | 0.00 | 0.00 | 0.00 |
| july | July | 0 | 0.00 | 0.00 | 0.00 |
| aug | August | 0 | 0.00 | 0.00 | 0.00 |
| sept | September | 0 | 0.00 | 0.00 | 0.00 |
| oct | October | 0 | 0.00 | 0.00 | 0.00 |
| nov | November | 0 | 0.00 | 0.00 | 0.00 |
| dec | December | 0 | 0.00 | 0.00 | 0.00 |
| tot | YEAR | 2,950,648 | 1,617.51 | 4.43 | 8,083.97 |
| | AVERAGE | 8,083.97 | 4.43 | | |
| | MONTHLY AVE | 245,887 | 134.79 | | 2024 |

3

LEGEND

MPD = MILES PER DAY

SPD = STEPS PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

2023

| Month | MONTH | STEPS | MILES | MPD | SPD |
|-------|--------------------|------------------|-----------------|--------------|------------------|
| jan | January | 772,140 | 379.25 | 12.23 | 24,907.74 |
| feb | February | 707,173 | 363.71 | 12.99 | 25,256.18 |
| march | March | 573,171 | 273.66 | 8.83 | 18,489.39 |
| apr | April | 417,259 | 196.55 | 6.55 | 13,908.63 |
| may | May | 628,500 | 299.83 | 9.67 | 20,274.19 |
| june | June | 901,554 | 462.43 | 15.41 | 30,051.80 |
| july | July | 744,458 | 354.94 | 11.45 | 24,014.77 |
| aug | August | 469,455 | 222.79 | 7.19 | 15,143.71 |
| sept | September | 512,377 | 244.77 | 8.16 | 17,079.23 |
| oct | October | 839,106 | 418.70 | 13.51 | 27,067.94 |
| nov | November | 1,000,830 | 503.16 | 16.77 | 33,361.00 |
| dec | December | 575,034 | 277.90 | 8.96 | 18,549.48 |
| tot | YEAR | 8,141,057 | 3,997.69 | 10.95 | 22,304.27 |
| | AVERAGE | 22,304.27 | 10.95 | | |
| | MONTHLY AVE | 678,421 | 333.14 | | 2023 |

4

LEGEND

MPD = MILES PER DAY

SPD = STEPS PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

2022

| Month | 2022 S | 2022 M | 2022 ASPD | 2022 MPD |
|-------|-----------|----------|-----------|----------|
| jan | 236,579 | 110.84 | 7,631.58 | 3.58 |
| feb | 236,747 | 114.30 | 8,455.25 | 4.08 |
| march | 367,922 | 184.83 | 11,868.45 | 5.96 |
| apr | 272,488 | 134.17 | 9,082.93 | 4.47 |
| may | 267,773 | 129.05 | 8,637.84 | 4.16 |
| june | 686,730 | 331.77 | 22,891.00 | 11.06 |
| july | 1,243,230 | 624.61 | 40,104.19 | 20.15 |
| aug | 628,393 | 306.24 | 20,270.74 | 9.88 |
| sept | 538,282 | 268.41 | 17,942.73 | 8.95 |
| oct | 514,056 | 258.40 | 16,582.45 | 8.34 |
| nov | 437,030 | 215.58 | 14,097.74 | 7.19 |
| dec | 356,375 | 173.87 | 11,495.97 | 5.61 |
| tot | 5,785,605 | 2,852.07 | 15,850.97 | 7.81 |

5

LEGEND

MPD = MILES PER DAY

SPD = STEPS PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

2021

| Month | 2021 S | 2021 M | 2021 ASPD | 2021 MPD |
|-------|-----------|----------|-----------|----------|
| jan | 767,895 | 368.82 | 24,763.39 | 11.90 |
| feb | 768,583 | 375.84 | 27,467.25 | 13.42 |
| march | 944,196 | 461.84 | 30,458.03 | 14.90 |
| apr | 797,803 | 385.82 | 26,593.43 | 12.86 |
| may | 553,656 | 265.79 | 17,851.16 | 8.57 |
| june | 593,966 | 284.51 | 19,701.17 | 9.48 |
| july | 762,892 | 386.79 | 24,550.19 | 12.48 |
| aug | 679,989 | 345.93 | 21,924.23 | 11.16 |
| sept | 700,561 | 346.56 | 23,304.77 | 11.55 |
| oct | 445,274 | 227.05 | 14,166.55 | 7.32 |
| nov | 250,764 | 125.51 | 8,366.65 | 4.18 |
| dec | 190,448 | 90.32 | 6,044.77 | 2.91 |
| tot | 7,456,027 | 3,664.78 | 20,408.05 | 10.04 |

6

LEGEND

MPD = MILES PER DAY

SPD = STEPS PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

2020

| Month | 2020 S | 2020 M | 2020 ASPD | 2020 MPD |
|-------|-----------|-----------|-----------|----------|
| jan | 95,158 | 46.82 | 3,069.61 | 1.51 |
| feb | 91,556 | 45.34 | 3,157.10 | 1.46 |
| march | 67,439 | 37.85 | 2,411.45 | 1.22 |
| apr | 445,479 | 213.10 | 14,848.13 | 6.87 |
| may | 710,993 | 349.73 | 22,933.74 | 11.28 |
| june | 741,801 | 375.12 | 25,392.43 | 12.10 |
| july | 781,424 | 381.11 | 25,207.23 | 12.29 |
| aug | 680,628 | 329.24 | 21,934.16 | 10.62 |
| sept | 704,996 | 344.98 | 23,618.33 | 11.13 |
| oct | 425,376 | 203.25 | 13,721.81 | 6.56 |
| nov | 441,093 | 212.05 | 14,226.39 | 6.84 |
| dec | 551,451 | 263.65 | 17,788.74 | 8.50 |
| tot | 5,737,394 | 2,802.24 | 15,675.94 | 7.66 |
| COV S | 5,496,503 | 20,433.10 | | |
| COV M | 2,667.64 | 9.92 | | |

7

LEGEND

MPD = MILES PER DAY

SPD = STEPS PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

TOP 12 MONTHS

| | ALLTIME | | | | | |
|----|---------|----------|------------|--------|----------|-------|
| | YEAR | MONTH | STEPS | AVE | MILES | AVE |
| 1 | 2022 | JULY | 1,243,230 | 40,104 | 624.61 | 20.15 |
| 2 | 2023 | November | 1,000,830 | 33,361 | 503.16 | 16.77 |
| 3 | 2021 | MARCH | 944,199 | 30,458 | 461.84 | 14.90 |
| 4 | 2023 | June | 901,554 | 30,052 | 462.4 | 15.41 |
| 5 | 2023 | October | 839,106 | 27,068 | 711.00 | 22.94 |
| 6 | 2021 | APRIL | 797,803 | 26,593 | 386.79 | 12.48 |
| 7 | 2020 | JULY | 781,424 | 25,207 | 385.82 | 12.86 |
| 8 | 2023 | January | 772,140 | 24,908 | 379.3 | 12.23 |
| 9 | 2021 | FEB | 768,583 | 27,467 | 381.11 | 12.29 |
| 10 | 2021 | JAN | 767,665 | 24,763 | 375.84 | 13.42 |
| 11 | 2020 | JUNE | 761,773 | 25,392 | 375.12 | 12.50 |
| 12 | 2021 | JULY | 761,056 | 24,550 | 368.82 | 11.90 |
| | | | 10,339,363 | | 5,415.79 | |

8

LEGEND

AVE = AVERAGE PER DAY

LINDSAY WINCHERAUK

MOVEMENT STATISTICS

ALL-TIME: STEPS + MILES

| | Alltime | | | | | | |
|------|---------|------------|----------|------------|-----------|-------|--------|
| Rank | Year | Steps | DA | MonthlyA | Miles | DA | MA |
| 1 | 2023 | 8,141,057 | 22,304 | 678,421 | 3,997.69 | 10.95 | 333.14 |
| 2 | 2021 | 7,456,027 | 20,427 | 621,336 | 3,664.78 | 10.04 | 305.40 |
| 3 | 2022 | 5,785,605 | 15,851 | 482,134 | 2,852.07 | 7.81 | 237.67 |
| 4 | 2020 | 5,737,394 | 15,676 | 478,116 | 2,802.24 | 7.68 | 233.52 |
| 5 | 2024 | 2,950,648 | 8,062 | 245,887 | 1,617.51 | 4.42 | 134.79 |
| | Total | 30,070,731 | 2,028.11 | 501,178.85 | 14,934.29 | 8.17 | 248.90 |

9

LEGEND

DA = DAILY AVERAGE

MA = MONTHLY AVERAGE

MOVEMENT STATISTICS

RECORD DAYS: STEPS + MILES + UPS!

| | 20s | | | | | | | | | |
|----|------|--------|---------|------|--------|-------|--------|--------|-----|-------|
| | YEAR | DATE | STEPS | YEAR | DATE | MILES | YEAR | DATE | UPS | |
| 1 | 2022 | 19-Jul | 50,572 | 2022 | 19-Jul | 25.04 | 2020 | 11-Sep | 130 | |
| 2 | 2022 | 28-Jul | 48,022 | 2022 | 12-Jul | 23.86 | 2020 | 09-Sep | 118 | |
| 3 | 2022 | 12-Jul | 46,626 | 2022 | 28-Jul | 23.82 | 2020 | 02-Sep | 112 | |
| 4 | 2022 | 11-Jul | 46,185 | 2022 | 11-Jul | 23.51 | 2021 | 17-Feb | 107 | |
| 5 | 2022 | 10-Jul | 45,939 | 2022 | 10-Jul | 23.33 | 2020 | 03-Sep | 107 | |
| 6 | 2022 | 21-Jul | 45,664 | 2022 | 21-Jul | 22.76 | 2020 | 21-Aug | 96 | |
| 7 | 2022 | 23-Jul | 44,401 | 2021 | 12-Jul | 22.58 | 2020 | 20-Aug | 93 | |
| 8 | 2022 | 25-Jul | 43,729 | 2022 | 23-Jul | 22.10 | 2021 | 03-Feb | 84 | |
| 9 | 2021 | 12-Apr | 43,724 | 2021 | 12-Apr | 22.10 | 2021 | 05-Feb | 82 | |
| 10 | 2021 | 12-Apr | 43,724 | 2021 | 31-Mar | 21.89 | 2022 | 09-Aug | 82 | |
| 11 | 2021 | 31-Mar | 43,675 | 2023 | 02-Nov | 21.57 | 2022 | 11-Aug | 78 | |
| 12 | 2020 | 11-Mar | 43,194 | 2022 | 07-Jul | 21.52 | 2021 | 12-Apr | 76 | |
| 13 | 2022 | 18-Jul | 42,990 | 2020 | 17-Feb | 21.42 | 2021 | 31-Mar | 74 | |
| 14 | 2022 | 06-Jul | 42,719 | 2022 | 21-Jul | 21.34 | 2021 | 20-Apr | 74 | |
| 15 | 2022 | 20-Jul | 42,306 | 2022 | 15-Jul | 21.20 | 2021 | 23-Mar | 72 | |
| 16 | 2023 | 02-Nov | 42,077 | 2022 | 25-Jul | 21.14 | 2021 | 11-Mar | 72 | |
| 17 | 2022 | 22-Jul | 42,035 | 2022 | 18-Jul | 21.14 | 2021 | 29-Jan | 69 | |
| 18 | 2020 | 17-Feb | 41,897 | 2022 | 13-Jul | 21.01 | 2024 | 11-Jan | 66 | |
| 19 | 2022 | 24-Jul | 41,541 | 2022 | 08-Jul | 20.93 | 2021 | 16-Apr | 66 | |
| 20 | 2022 | 01-Jul | 41,530 | 2022 | 22-Jul | 20.73 | 2022 | 05-Aug | 64 | |
| | | | 882,550 | | | | 442.99 | | | 1,722 |

MOVEMENT STATISTICS

SEAWALL LAPS

| SEAWALL | 2024 | 2023 | 2022 | 2021 | 2020 |
|---------|--------|--------|--------|--------|--------|
| jan | 65.13 | 68.22 | 19.82 | 65.95 | 8.37 |
| feb | 68.65 | 65.42 | 20.44 | 67.21 | 8.11 |
| march | 81.03 | 49.23 | 33.05 | 82.58 | 6.77 |
| apr | 64.37 | 35.36 | 23.99 | 68.99 | 38.11 |
| may | 11.78 | 53.93 | 23.08 | 47.53 | 62.54 |
| june | 0.00 | 83.18 | 59.33 | 50.87 | 67.08 |
| july | 0.00 | 63.85 | 111.69 | 69.16 | 68.15 |
| aug | 0.00 | 40.08 | 54.76 | 61.86 | 58.87 |
| sept | 0.00 | 44.03 | 48.00 | 61.97 | 61.69 |
| oct | 0.00 | 75.32 | 46.21 | 40.60 | 36.34 |
| nov | 0.00 | 90.51 | 38.55 | 22.44 | 37.92 |
| dec | 0.00 | 49.99 | 31.09 | 16.15 | 47.14 |
| tot | 290.96 | 719.11 | 510.00 | 655.32 | 501.09 |
| APM | 24.25 | 59.93 | 42.50 | 54.61 | 41.76 |
| APD | 0.80 | 1.97 | 1.40 | 1.80 | 1.37 |

11

LEGEND

APM = AVERAGE PER MONTH

APD = AVERAGE PER DAY