

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
feb	February	748,352	381.66	13.63	26,727
march	March	677,756	450.44	14.53	21,863
apr	April	678,191	357.83	11.93	22,606
may	May	788,019	398.33	12.85	25,420
june	June	602,956	309.14	10.30	20,098.53
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	4,215,032	2,259.50	6.19	11,548.03
	AVERAGE	11,548.03	6.19		
	MONTHLY AVE	351,253	188.29		2024

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### 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	<b>YEAR</b>	<b>8,141,057</b>	<b>3,997.69</b>	<b>10.95</b>	<b>22,304.27</b>
	<b>AVERAGE</b>	<b>22,304.27</b>	<b>10.95</b>		
	<b>MONTHLY AVE</b>	<b>678,421</b>	<b>333.14</b>		<b>2023</b>

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## 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

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## 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

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## 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		

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## 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	2024	May	788,019	25,420	398.33	12.85
8	2020	JULY	781,424	25,207	385.82	12.86
9	2023	January	772,140	24,908	379.3	12.23
10	2021	FEB	768,583	27,467	381.11	12.29
11	2021	JAN	767,665	24,763	375.84	13.42
12	2020	JUNE	761,773	25,392	375.12	12.50
			10,366,326	5,445.30		

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## 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	4,215,032	11,516	351,253	2,259.50	6.17	188.29
	Total	31,335,115	2,113.38	522,251.92	15,576.28	8.53	259.60

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### 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	71.65	53.93	23.08	47.53	62.54
june	55.61	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	406.44	719.11	510.00	655.32	501.09
APM	33.87	59.93	42.50	54.61	41.76
APD	1.11	1.97	1.40	1.80	1.37

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## LEGEND

APM = AVERAGE PER MONTH

APD = AVERAGE PER DAY

# MOVEMENT STATISTICS

## GOLD — SILVER — BRONZE

STEPS						MILES						
MONTH	2020	2021	2022	2023	2024	MONTH	2020	2021	2022	2023	2024	MONTH
January	95,158	767,895	236,579	772,140	719,758	January	46.82	368.82	110.84	379.25	362.10	January
February	91,556	768,583	236,747	707,173	748,352	February	45.34	375.84	114.30	363.71	381.66	February
March	67,439	944,196	367,922	573,171	677,756	March	37.85	461.84	184.83	273.66	450.44	March
April	445,479	797,803	272,488	417,259	678,191	April	213.10	385.82	134.17	196.55	357.83	April
May	710,993	553,656	267,773	628,500	788,019	May	349.73	265.79	129.05	299.83	398.33	May
June	741,801	593,966	686,730	901,554	602,956	June	375.12	284.51	331.77	462.43	309.14	June
July	781,424	762,892	1,243,230	744,458	0	July	381.11	386.79	624.61	354.94	0.00	July
August	680,628	679,989	628,393	469,455	0	August	329.24	345.93	306.24	222.79	0.00	August
September	704,996	700,561	538,282	512,377	0	September	344.98	346.56	268.41	244.77	0.00	September
October	425,376	445,274	514,056	839,106	0	October	203.25	227.05	258.40	418.70	0.00	October
November	441,093	250,764	437,030	1,000,830	0	November	212.05	125.51	215.58	503.16	0.00	November
December	551,451	190,448	356,375	575,034	0	December	263.65	90.32	173.87	277.90	0.00	December
Totals	5,737,394	7,456,027	5,785,605	8,141,057	4,215,032	Totals	2,802.24	3,664.78	2,852.07	3,997.69	2,259.50	Totals

GOLD

SILVER

BRONZE