

Week 7: Midterm DeStress Week

Participant	Activity	Distance
Scarlett	Yoga Class	N/A
Laura	Yoga Class	N/A
Alanna	Yoga Class	N/A
Felicia	Yoga Class	N/A
Preetish	Yoga Class	N/A
Jamie	Yoga Class	N/A
Vera	Yoga Class	N/A
Katie	Yoga Class	N/A
Kanika	Yoga Class	N/A
Teagan	Yoga Class	N/A
Clement	Yoga Class	N/A
Emily	Yoga Class	N/A
Eva	Yoga Class	N/A
Amanda	Yoga Class	N/A
Fatema	Yoga Class	N/A
Ally	Walk	3.2 km
Lauren	Run	5.8 km
Ariel	run	4.3km
Jerome	roller blade	12km