

Project 3

How Far I Walk Isn't Fully My Choice

A self-tracking story about how weather and schedule quietly shape my daily movement radius.

INSPIRATION

I was inspired by how weather doesn't just change the sky—it changes my behaviour. On sunny days, I choose the longer route past the church because the view feels worth it, and I often wander into a supermarket or a small shop. When it's windy or gloomy, I take the shortest path and go straight home.

This project started as a simple question: if the weather can quietly steer my choices, how much of my walking distance is actually “my decision”?

Project Snapshot

Route choices between home and campus across weather types



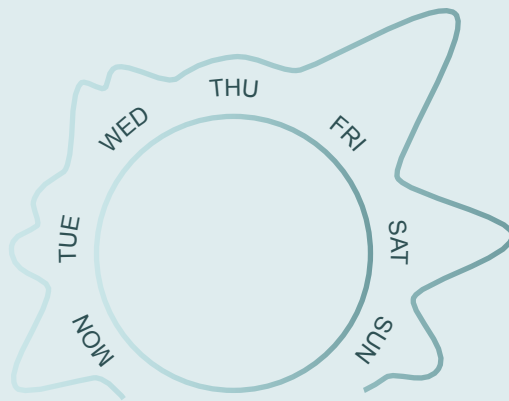
White dashed = usual route
Yellow dashed = sunny detour (church route)
Dots = home / campus

I realised how far I walk isn't only about plans or self-discipline.
What shapes my choices is the weather—sun, wind, and rain.
It quietly changes my route, my detours, and whether I linger on the way.

My Weekly Rhythm

My week isn't evenly structured. Classes decide when I must go out, but weather decides how far I'm willing to walk.

The fluctuation of walking distance across the week



Ring = week cycle (Mon–Sun)

Spikes = walking distance

Sharp spikes = weather-driven detours (church / supermarket / browsing)

What stays fixed

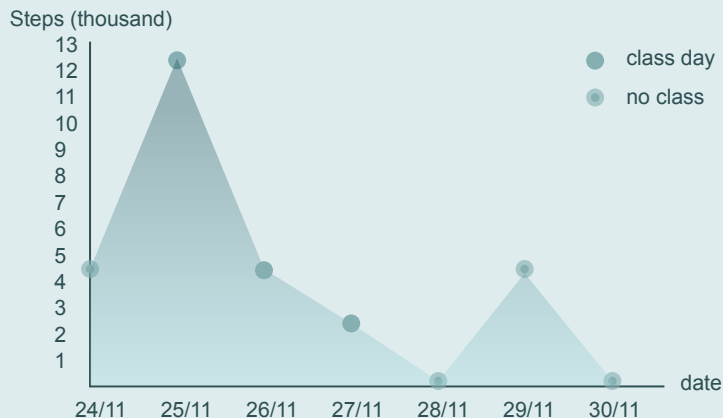
- Tue / Wed / Thu: class days (fixed baseline)
- Thu is the most stable: last class
→ I usually go straight home

What changes easily

- Tue/Wed may fluctuate: some classes are bi-weekly + weather can shift my route
- Fri/Sat are the most variable: rest / meet-ups / short trips
- Mon/Sun are mostly low: stay home to recover

What I Collected

Daily Steps Timeline



Average number of steps under different weather conditions



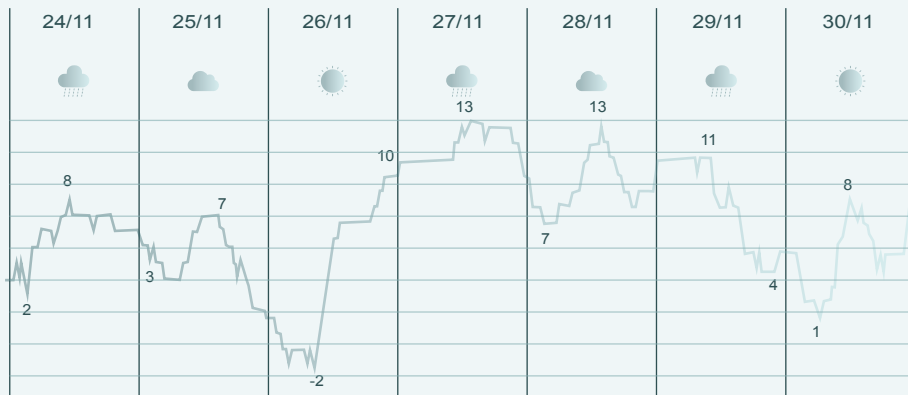
3838



4414

How I Logged It

Weather changes and temperature variations (°C) from November 24th to November 30th



My walking is spiky—a few days drive most of the total distance.

Weather creates a daily mood/effort threshold that changes how willing I am to stay outside.

Different conditions produce different averages, showing the pattern is not random.

Two Routes, Two Moods



Longer, detour-filled church route
Shortest, direct route home
More wandering to shops & supermarket
Pure task completion, minimal lingering
Like a self-reward, lingering more



Shortest, direct route home
Pure task completion, minimal lingering

SO WHAT?

How Far I Walk Isn't Fully My Choice

This self-tracking study suggests my distance isn't simply "discipline"—it is shaped by schedule, weather, fatigue, and sudden events.

On obligation days (classes), weather changes little about going out; on flexible days, weather strongly shifts willingness—detours, lingering, shopping, and grocery stops.

Key takeaways:

Class days don't guarantee high movement: fatigue drives recovery.

Weather mainly affects the "extra radius": good weather invites detours and stops.

Travel can mask subtle patterns: extreme days override weather effects.

Caption

Next step: add route choice (church vs direct) and number of stops (shops/grocery) as experience-led metrics.

Limitations + What I'd Improve

What I'd Refine Next

Travel spikes inflate distance and can mask subtle weather effects.

I currently track mostly "outcomes" (distance/steps), but not enough "process" data (detours, stops, shop visits).

Fatigue after class is strong, so "going out ≠ walking far"; more variables are needed.

Improvements for the next iteration

Add a "route choice" metric: church route vs direct route (map screenshot / simple tick).

Add a "number of stops" metric: supermarket/shops/other (0/1/2 is enough).

Analyse obligation vs flexible days separately under the same weather tags.