

Interesting Facts About Average



6.4 hours	Sleep average:	6.5 hours
3.3	Portions of fruit and veg per day:	3.5
954ml	Water drunk per day:	897ml
73 minutes	Cardio per week:	69 minutes
1.4	Muscle workouts per week:	1.1
13.6 units	Alcohol consumed per week:	8.4 units
3.8	Cigarettes smoked per day:	3.3
26.2	Average BMI:	25.9



1. An average elephant produces 22kg of dung each day.

2. An average person can fall asleep within 7 minutes.

3. An average person has 10,000 taste buds.

4. An average human brain consists of 78% water.

5. An average person spends 25 years of his life in sleeping.