# Workout Optimizer Data Analysis Project

## Data Analyst: Adithyan S Raj

## Client/Sponsor: Self-Sponsored

## Purpose:

*Write a brief description of why this project is happening below. Why is this project happening? What are the goals?*

*I’ve been trying to regularly workout but I can’t keep it consistent. I’m trying to figure out how I can be more consistent in my workouts. Also, I want to customize my workout and understand my mood after different workouts and find the best workout that works best for me. It should also help me achieve my fitness goals (E.g: Splits, One Arm Pushups, etc.).*

## Scope / Major Project Activities:

*What are the major parts of this project? List out the high-level steps, activities, or stages of the project, and give a brief description for each.*

| Activity | Description |
| --- | --- |
| Collect Data on my workouts | First step, to collect the required data that includes my mood after workout, duration and time of each workout, goals of each workout, Productivity throughout the day. |
| Analyze the collected data to find the best Workout | Analyze the collected data by checking Mean and Median of Mood after workout and Duration. Also, find the best time based on the mood level. Also, Identify which goals I’m putting in the time for. |
| Iterate this process continuously | Keep iterating this process till I’m satisfied. Also, add more methods to analyze as you go on this process. |

## This project does not include:

*Specify the things that this project isn’t responsible for doing (out of scope). For instance, “this project does not involve a summation of 2019 data analysis”*

* This project doesn’t include the workout I’m doing, just the goal for each workout.
* It isn’t trying to predict my future behavior based on previous data, it only analyzes previous data to optimize my present workouts.
* This project deals with data based on my own approximation of my mood and productivity.

## Deliverables:

*A specific list of things that your project will deliver.*

| Deliverable | Description/ Details |
| --- | --- |
| Data is collected on my workouts | The Data Collection takes place on a daily basis and starts after the system is laid down. |
| Analyze the collected data to find optimal workouts | Here, the data gets analyzed and results are derived. |
| Iterate this process till I’m satisfied. | This is a continuous process and there is no accurate deadline but the system on analyzing gets updated periodically. Also, the data gets collected discretely based on my workouts. |

## Schedule Overview / Major Milestones:

*The expected schedule for the project. This can be defined by milestones (e.g. “all data is cleaned and processed”), periods of time (“Week 1 / Week 2”), or other ways based on the needs of the project.*

| Milestone | Expected Completion Date | Description/Details |
| --- | --- | --- |
| *Design the System to Track my workouts* | *Unknown* | *Use some data collecting tools like google forms to collect data daily.* |
| *Create a system to analyze the data* | *Unknown* | *Use various measurements to estimate and analyze the data. Also use charts to visualize it further.* |
| *Iterate the whole process* | *Unknown* | *Keep iterating till a satisfying result it achieved* |

## \*Estimated date for completion:

*This is my “if all goes well and I have everything I need, this is when I’ll be done” date.*

*The date of completion is undecided but will get updated as the project goes on.*