***Change Log***

**daily\_activity\_cleaning (Excel)**

\* SPLIT() 'Active Date' column.

\* CONCATENATE() to remake dates from mm/dd/yyyy to yyyy-mm-dd

\* Format 'Active Date' to 'DATE'

\* Format 'TotalSteps' to 'Number'

\* Format 'TotalDistance', 'TrackerDistance','LoggedActivitiesDistance', 'VeryActiveDistance','ModeratelyActiveDistance','LightActiveDistance' to 'Number'.

\* Filter for values that end with "." and remove the dot.

**dailyCalories\_merged, dailyIntensities\_merged, dailySteps\_merged**

Contains the values included in the cleaned data set above.

**heartrate\_seconds\_merged ( R/SQL )**

\* Change ‘Time’ to ‘POSIXct’

\* Rename ‘Value’ to ‘Heartbeat’

\* Setting 'Time' variable to round up minutes and seconds to the closest hour.

\* Creating “SQL\_hourly\_dist” - grouping by hour of the day and taking an average heartbeat per hour as seconds were measured before and that left us with many values.

**hourlyCalories\_merged ( R )**

**\*** Change ‘ActivityHour’’ to ‘POSIXct’

**hourlyIntensities\_merged ( R )**

**\*** Change ‘ActivityHour’’ to ‘POSIXct’

**hourlySteps\_merged ( R )**

**\*** Change ‘ActivityHour’’ to ‘POSIXct’

**sleepDay\_merged ( R )**

**\*** Change ‘SleepDay’’ to ‘POSIXct’

**weightLogInfo\_merged ( R/SQL )**

**\*** Change ‘Date’’ to ‘POSIXct’

\* Remove ‘WeightPounds’ column since we are in Europe and use kilograms.

\* Remove ‘Fat’ column since it has many NA values, people choose to not insert or track it.

\* Create “weight\_log\_org” where the same day and hour per person doesn’t appear more than once.