Project Title: Health and Wellness Dashboard (VitaTrack)

Objective:

To analyze individual health and activity data to identify lifestyle patterns, health risks, and areas for improvement using Power BI visualizations.

Data Description:

The dataset includes information such as Age, Gender, BMI, Daily Steps, Calories Intake, Hours of Sleep, Heart Rate, Blood Pressure, Exercise Hours, Alcohol Consumption, Smoker status, Diabetic status, and Heart Disease.

Dashboard Insights & Logic:

1. **Data Cleaning & Preparation:**

   - Converted numeric and text fields to correct data types.

   - Replaced binary values (0/1) with meaningful labels like *Smoker/Non-Smoker*.

   - Created new columns like *Age Group* and *BMI Category* for better segmentation.

2. **Measures & KPIs:**

   - Calculated **average BMI, steps, sleep hours, and calories** for overall health overview.

   - Computed **Heart Disease %, Active Segment %,** and **Risk Score** using DAX formulas.

3. **Visualizations:**

   - **Cards:** Average BMI, Steps, Sleep, and Calories.

   - **Donut Charts:** Gender Distribution, Smoker vs Non-Smoker, Diabetic vs Non-Diabetic.

   - **Bar Chart:** Average BMI by Age Group and Gender.

   - **Scatter Plot:** Steps vs Sleep to analyze activity-sleep relationship.

   - **Matrix/Table:** Activity Segments and Health Risk Summary.

4. **Interactivity:**

   ○ Added slicers for Gender, Age Group, Smoker, and Diabetic filters.

   ○ Used drill-through and tooltips for detailed individual analysis.

Conclusion:

The dashboard provides a comprehensive view of users' health and activity levels, helping identify high-risk individuals and promote healthier habits through data-driven insights.