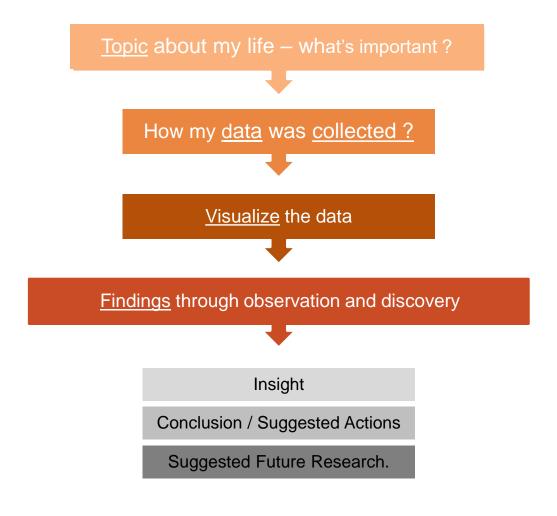


June 15, 2020

## **PROJECT SUMMARY**

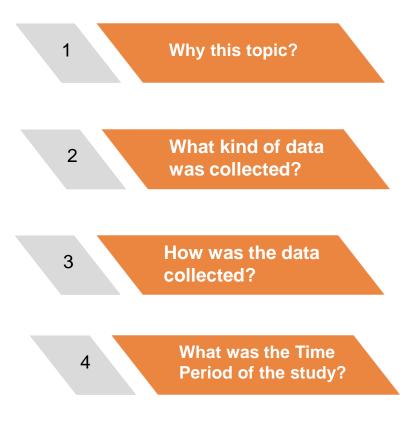


## **TOPIC**

**Topic**: How was my daily routine impacted during the COVID-19 pandemic.

**Goal** of this data analysis through visualization is to help delivering an informative and persuasive "message" and to provide a positive emotional impact to my own life style.

<u>Objective</u>: Through visualization, I am hoping to draw some insights on the collected data by discovering new trends.



- Due to the COVID-19 pandemic, which requires us to stay home as much as possible, the topic was inspired to see how it impacts my daily routine.
- Over 70 data points were collected on hours spent in sleeping; meal; exercising; social media; YouTube watching sports, food, travel, shopping; video gaming, movie, schooling, etc
- Google Calendar to track;
- Excel spreadsheet to collect
- Data was collected in between May11 to Jun14, so 5 weeks.

## **TOOLS**

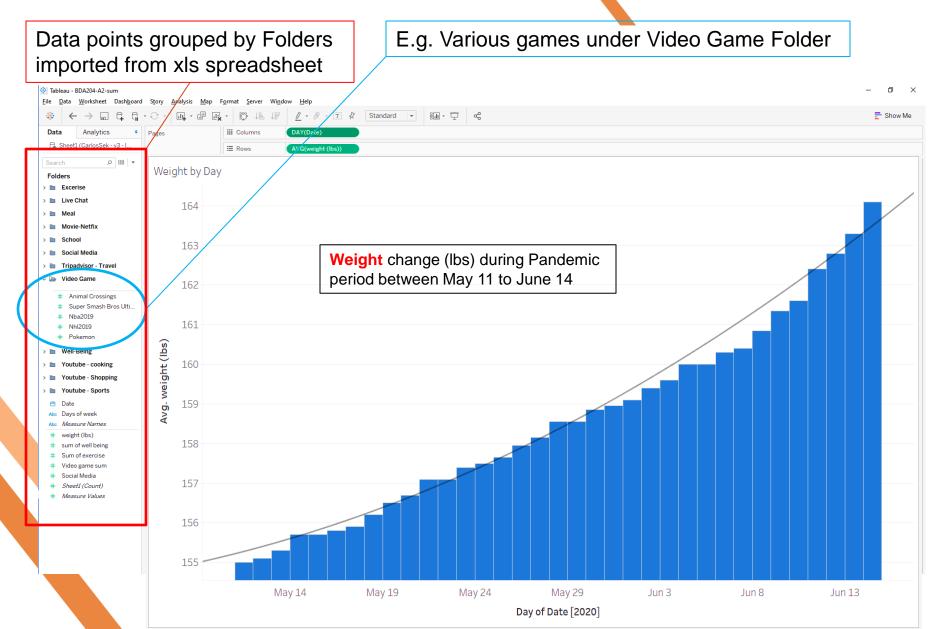
#### What tools were chosen and why?

- Excel use for input data because it is easy to use
- Tableau great visual tools on collected data; wanted to expose and deep learning it

#### Challenges and lesson learned.

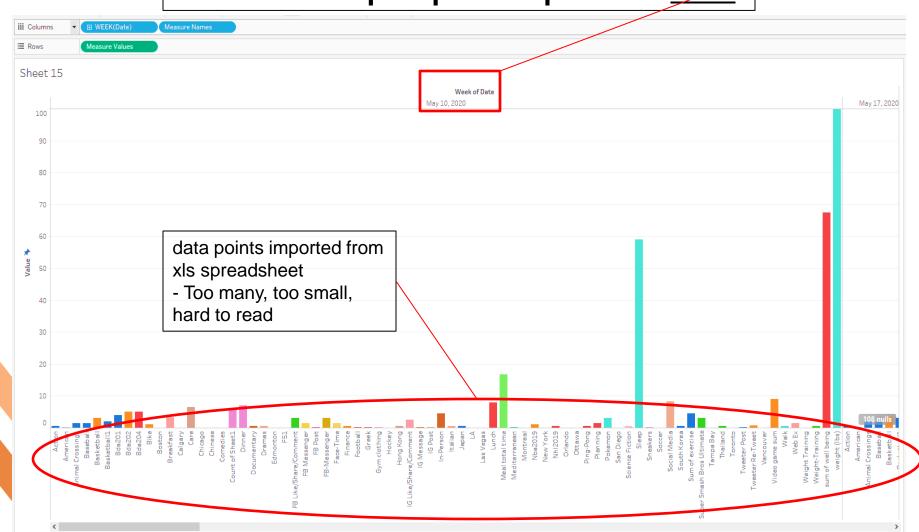
- Need to be disciplined in keeping up with data recording daily.
- Need to take initiative to self-learning on Tableau.

# What's the obvious change that I care the most? Weight gain?



# What's causing my weight gain? All data points at a glance

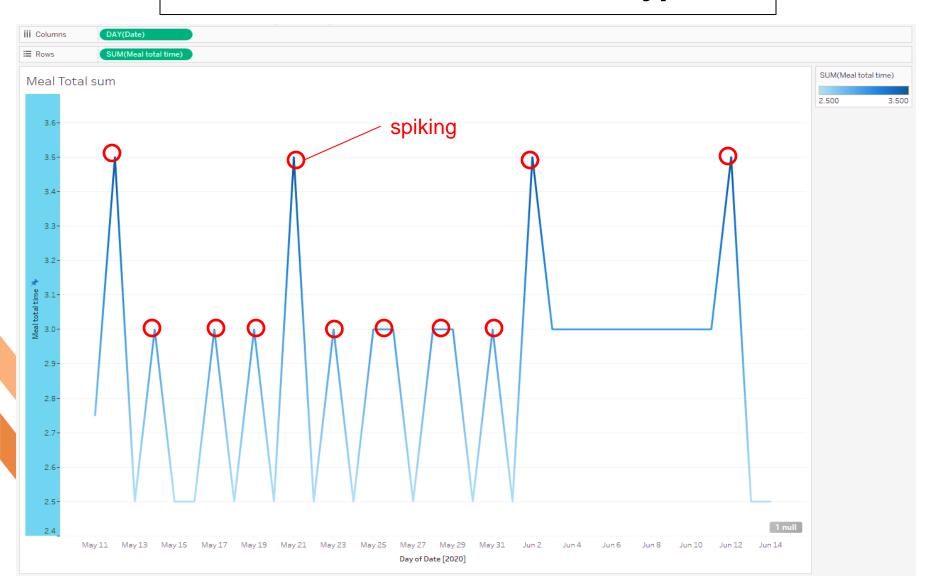
Carlos's time spent per data point in a week



Did I eat too much? Did I play too much 2 video game? Did I spend too much 3 time in social media? **Did I exercise** 4 enough?

Q1: Spent too much time in meal?

### Meal time <u>Trend</u> of sum of ALL types

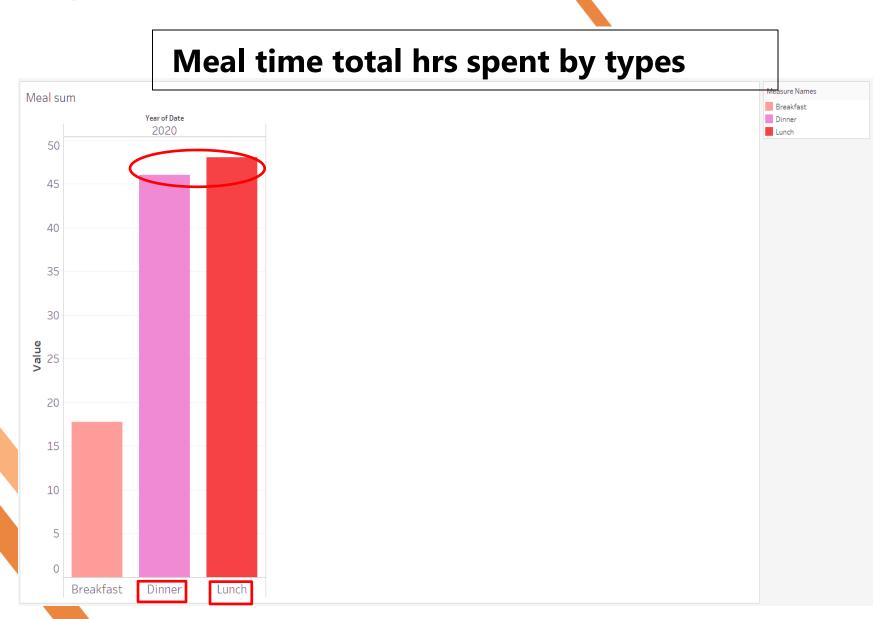


#### Q1: Spent too much time in meal?

## Meal time hrs spent Weekly by types

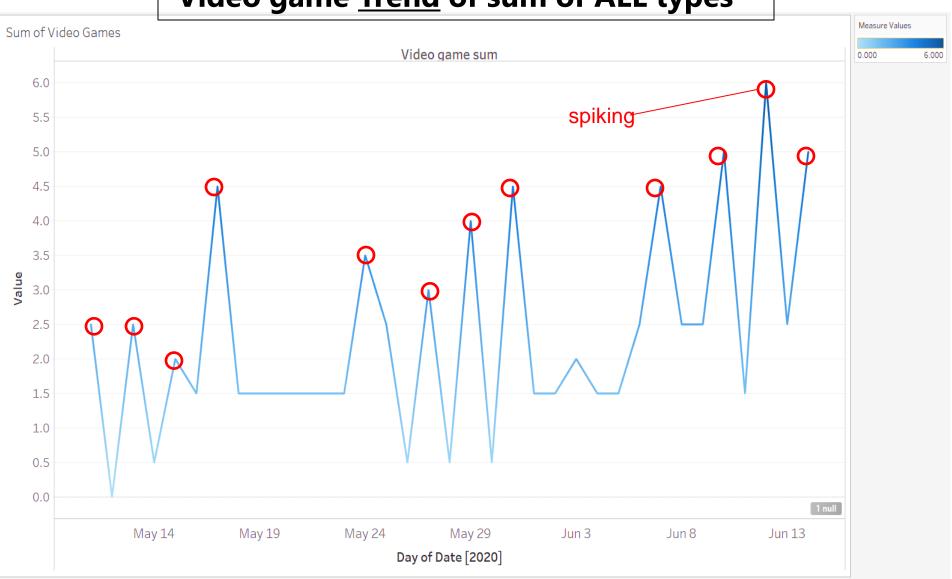


Q1: Spent too much time in meal?



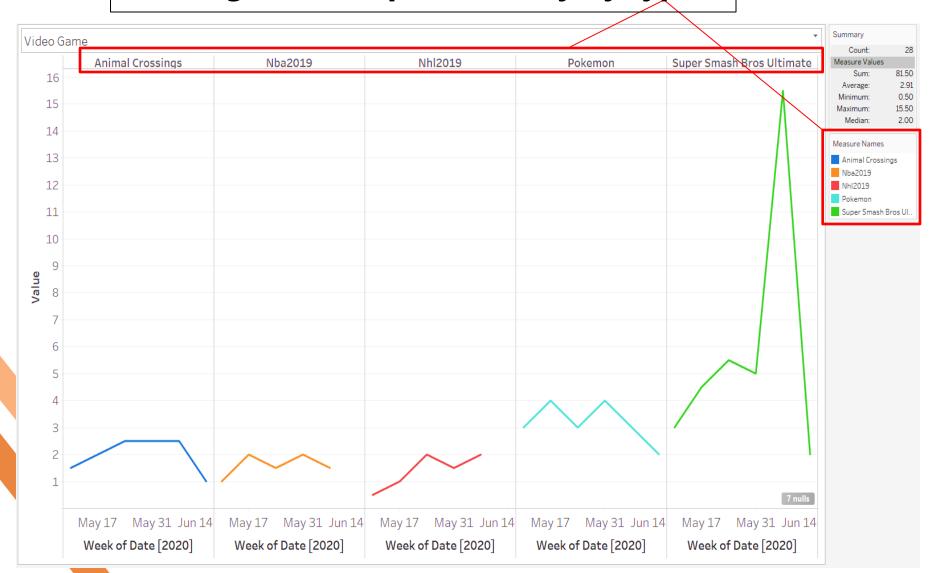
Q2: Too much video game?

Video game <u>Trend</u> of sum of ALL types



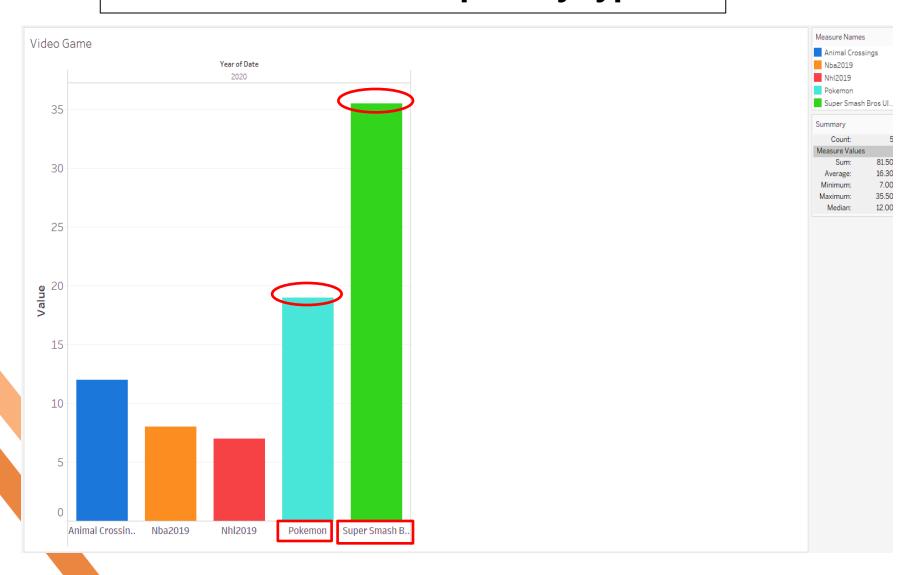
Q2: Is it too much video game?

## Video game hrs spent Weekly by types



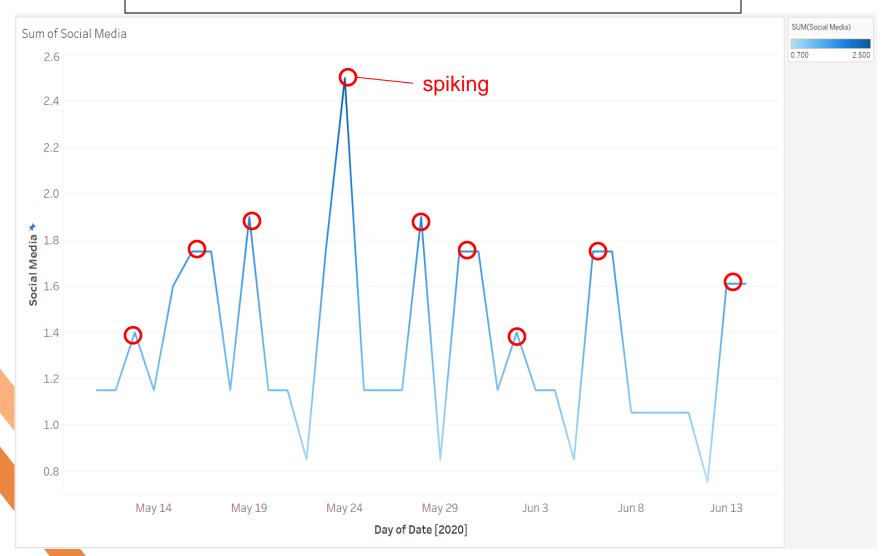
Q2: Is it too much video game?

## **Video Game total hrs spent by types**



Q3: Too much social media?

## **Social Media Trend of sum of ALL types**



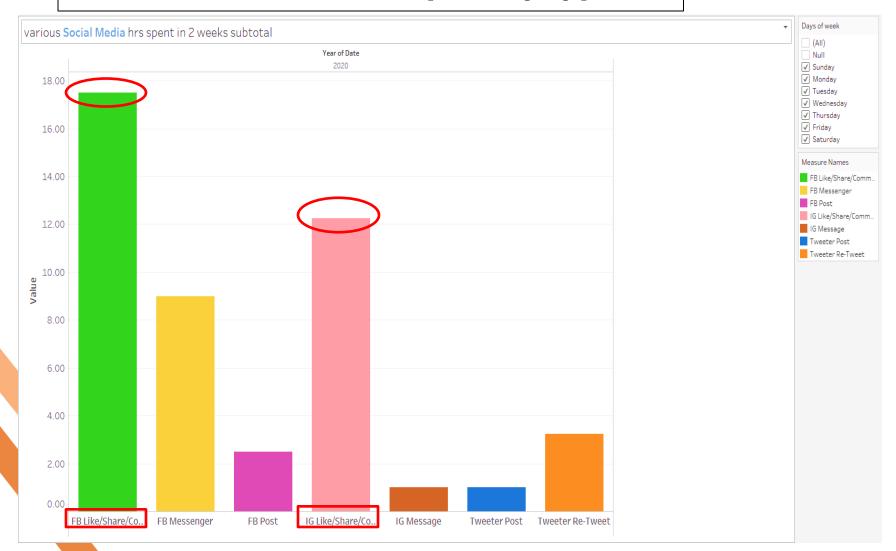
Q3: Too much social media?

## Social Media hrs spent Weekly by types



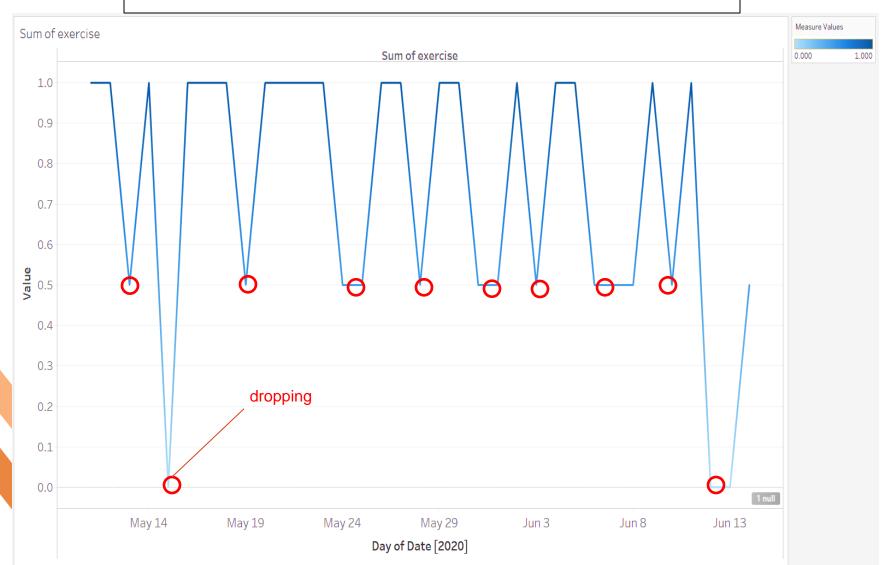
Q3: Too much social media?

## Social Media total hrs spent by types



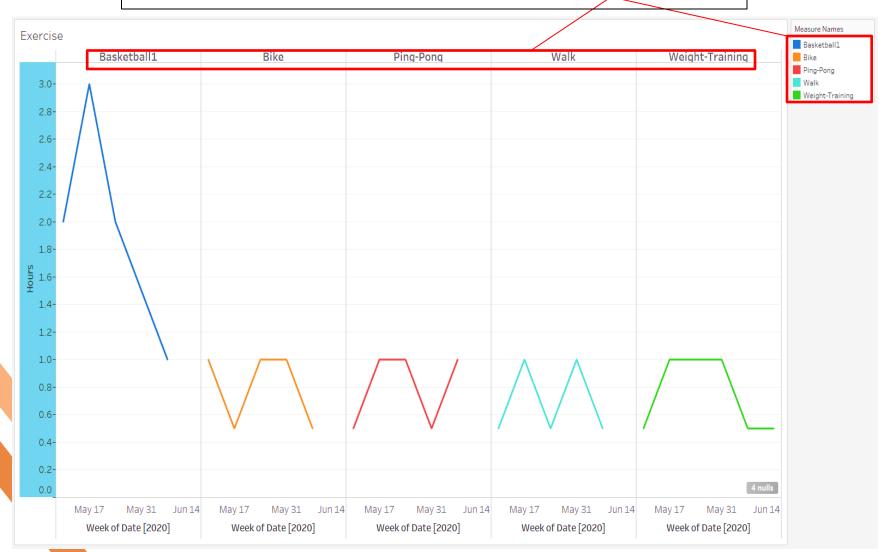
**Q4: Too little exercise?** 

## **Exercise <u>Trend</u> of sum of ALL types**



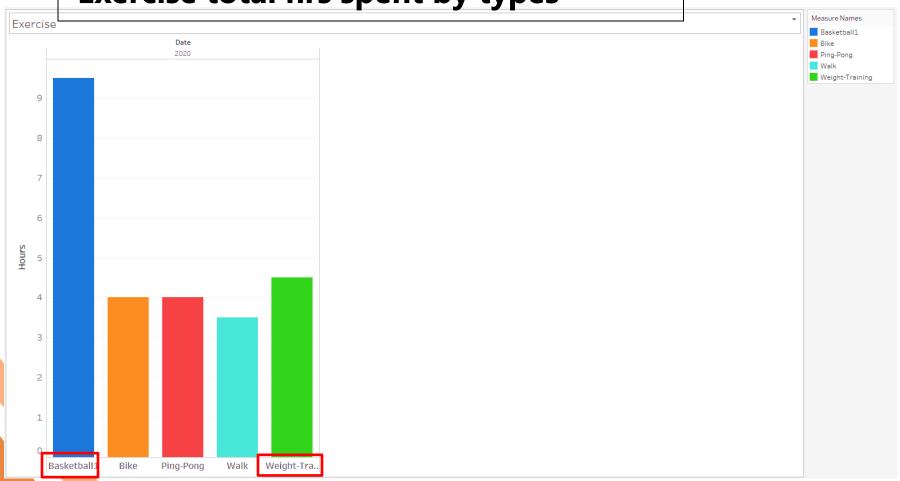
**Q4: Too little exercise?** 

## **Exercise hrs spent Weekly by types**

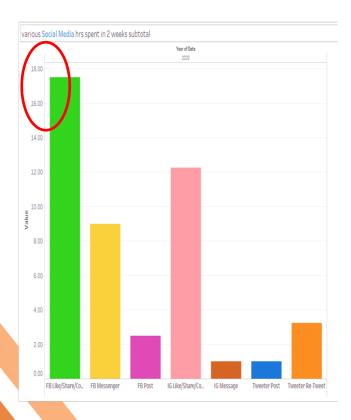


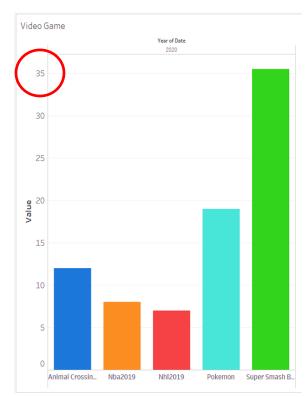
**Q4: Too little exercise?** 

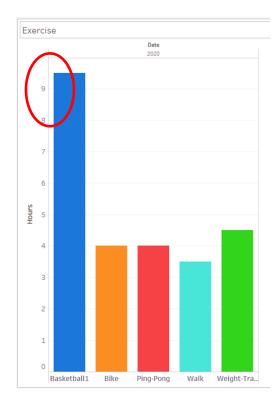




# **Summary - Comparison of Social Media, Video Game, Exercise**







## Insight

#### **During break time .....**

- I tend to get bored at home very often and not taking care of keeping my body in shape spending most hours in front of a screen
- Meal time: more time in eating, which becomes a factor in gaining weight
- <u>Social Media</u>: A lot of hours total spent on Facebook and IG, should lower total hrs
- <u>Video Game</u>: A lot of hrs total spent on Pokemon, Super Smash Bros Ultimate, animal crossing, which cause late sleeping time or less hrs in sleep.
- **Exercise**: Basketball hrs went down as I spent more time on video games, should spend more time in weight lifting

## **Action / Future**

#### **Actions for myself.....**

- Increase time spending in <u>person-to-person</u> interaction instead of Social Media (FB/IG)
- Well-being balance by increasing more in exercising and cut down on social media/internet and video games.
- Do not spend more time in eating / sitting, exercise and sleep more!

#### Future study if I can ....

- In the future, if given the chance to further study this topic, I would suggest to obtain a <u>sample size of 30 or more people</u> in order to be sufficient to be normally distributed.
- Secondly, another research topic could be conducted to correlate my
  findings is to obtain another dataset from Ministry of Health for my age
  group around the same period of time whose is seeking medical helps.
  Thus predictive analysis could be performed by programming model of
  trend analysis in various scenarios such as more time spent on social
  media could be more harmful to one's health by visiting doctors more.

