Reflection Report – Day 15 SQL Practice

📅 Date: 25 July 2025

📊 Topic: SQL Practice – Fitness Tracker Dataset

🧠 Reflection Summary

Day 15 was a smooth ride! The dataset simulated a fitness tracker system with Users, Workouts, and HealthStats. The queries were straightforward and I was able to complete them in significantly less time. The variety of questions helped reinforce key SQL patterns like aggregation, filtering, and window functions.

☑ Key Learnings & Concepts Practiced

1. Used TRIM to clean inconsistent workout type strings (Question 3).

2. Applied GROUP BY and aggregation with ROUND for averages (Questions 2, 3, 6, 10).

3. Practiced RANK() within a CTE to find most frequent workout (Question 5).

4. Used LEFT JOIN and IS NULL to find users with no workouts (Question 8).

📝 Personal Notes

1. Learnt the TRIM function in Question 3 to standardize text for grouping.

2. Question 5 (most frequent workout type) took longer due to ranking logic — but I implemented it successfully.

3. Bonus Challenge was relatively easier than previous days – logic was clear and implementable.

✳ Final Thoughts

Today's practice helped boost my speed and confidence in query writing. Most questions were logic-driven and real-world relatable. I appreciate how this daily practice is making me more fluent in writing clean and optimized SQL.