# Day 15 – SQL Practice: Fitness Tracker Dataset

## 📊 Dataset Overview

You’re working with a SQL database for a Fitness Tracker App. The database includes users' activity, workouts, and health stats. Below are the table schemas and sample data to work with:

## 📁 Tables and Sample Data

1. Users

|  |  |  |  |
| --- | --- | --- | --- |
| UserID | Name | Age | Country |
| 1 | Arjun | 28 | India |
| 2 | Bella | 35 | USA |
| 3 | Chen | 24 | China |
| 4 | Dmitry | 42 | Russia |
| 5 | Ella | 30 | Germany |

1. Workouts

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WorkoutID | UserID | WorkoutType | DurationMins | CaloriesBurned | WorkoutDate |
| 101 | 1 | Running | 30 | 300 | 2024-06-01 |
| 102 | 2 | Yoga | 45 | 200 | 2024-06-02 |
| 103 | 1 | Cycling | 60 | 500 | 2024-06-03 |
| 104 | 3 | Swimming | 40 | 400 | 2024-06-05 |
| 105 | 4 | Running | 20 | 180 | 2024-06-07 |
| 106 | 5 | Yoga | 50 | 250 | 2024-06-09 |
| 107 | 2 | Cycling | 30 | 270 | 2024-06-10 |

1. HealthStats

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| StatID | UserID | StatDate | WeighKG | HeartRate | SleepHours |
| 201 | 1 | 2024-06-01 | 70.5 | 72 | 7.5 |
| 202 | 2 | 2024-06-01 | 65.0 | 68 | 6.0 |
| 203 | 3 | 2024-06-01 | 80.2 | 75 | 8.0 |
| 204 | 4 | 2024-06-01 | 90.0 | 80 | 5.5 |
| 205 | 5 | 2024-06-01 | 68.5 | 70 | 6.8 |

## 🧠 Practice Questions

1) List all users along with their country and age.

2) Show the total calories burned by each user.

3) Find the average workout duration per workout type.

4) List the top 3 users who burned the most total calories.

5) Display user names along with their most frequent workout type.

6) Show the average heart rate and sleep hours per user.

7) Find the most popular workout type based on count.

8) List users who did not do any workouts.

9) Display the user who had the longest single workout session.

10) For each country, find the average calories burned per user.

🎯 Bonus Challenge:

Identify users who worked out at least 3 times and maintained an average sleep of more than 7 hours.