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SELECT
    user_id,
    AVG(total_steps) AS avg_steps_per_day,
    SUM(total_steps) AS total_steps,
    AVG(calories) AS avg_calories_burned,
    AVG("very_active_min") AS avg_very_active_minutes
FROM daily_activity
GROUP BY user_id
order by avg_steps_per_day desc

SELECT
    EXTRACT(HOUR FROM activity_hour) AS hour_of_day,
    AVG(step_total) AS avg_steps
FROM hourly_steps
GROUP BY hour_of_day
ORDER BY avg_steps DESC;

SELECT
    EXTRACT(HOUR FROM activity_hour) AS hour_of_day,
    AVG(calories) AS avg_calories_burned
FROM hourly_calories
GROUP BY hour_of_day
ORDER BY avg_calories_burned DESC;

SELECT
    EXTRACT(HOUR FROM activity_hour) AS hour_of_day,
    AVG(total_intensity) AS avg_intensity
FROM hourly_intensity
GROUP BY hour_of_day
ORDER BY avg_intensity DESC;

SELECT
    user_id,
    ROUND(AVG(minutes_slept), 2) AS avg_sleep_minutes,
    ROUND(AVG(minutes_slept) / 60.0, 2) AS avg_sleep_hours
FROM (
    SELECT
        user_id,
        DATE(date) AS sleep_day,
        COUNT(*) AS minutes_slept
    FROM minutes_sleep
    GROUP BY user_id, DATE(date)
) daily_sleep
GROUP BY user_id
ORDER BY avg_sleep_minutes DESC;

SELECT COUNT(DISTINCT user_id) AS total_users_with_weight_log
FROM weight_log_info;

SELECT
    AVG("BMI") AS avg_BMI,
    AVG(weight_kg) AS avg_weight_kg

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FROM weight_log_info;
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