**Change log**

01.06.2022

* **Added**
  + Combined all data sets that I have decided to use for the analysis
* **Changed**
  + Changed the excel formatting to US, otherwise the kilometers-formatting would have been not accurate

02.06.2022

* **Deleted**
  + Since we have data rows where the SedentaryActive has a total of 24h, let us assume on those days the participants did not wear the fitness tracker
  + Id=> 1503960366, ActivityDate=> 12.05.2016
  + Id=> 6290855005, ActivityDate=> 10.05.2016
  + Id=> 8253242879, ActivityDate=> 30.04.2016
  + Id=> 8583815059, ActivityDate=> 12.05.2016
* **Cleaning**
  + Created new datasets and uploaded them in a R

03.06.2022

* **Cleaning**
  + Checking if the datasets operate with similar value entries, this was measured by the participant ID “Id”

05.06.2022

* **New**
  + Merging “daily\_activity\_clean” with “daily\_sleep\_clean”, new data frame was named “act\_sleep\_df”
  + New column “weekday” to the data frame “act\_sleep\_df” added, which contains weekdays