

Device usage

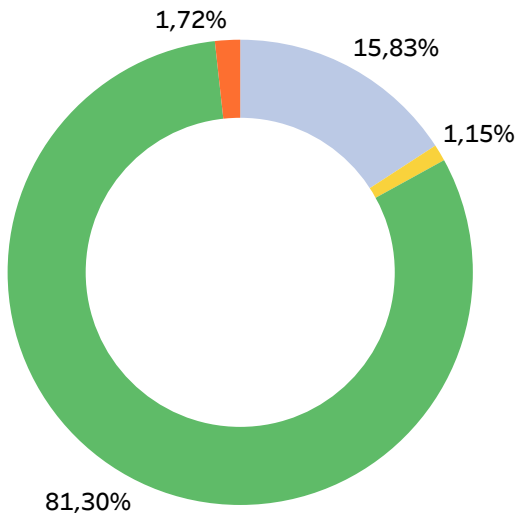
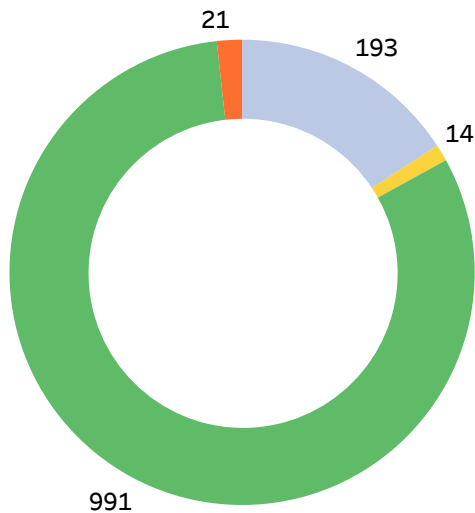
In the study, information was recorded from 33 users of the Fitbit Fitness Tracker physical activity monitoring device for 31 days.



· The study lasted a total of 31 days, during which the users, on average, used the device for 28 days, equivalent to 92% of the total days.

· Regarding sleep data, only 24 out of the 33 users recorded information, and they did so for an average of 17 days.

On average, they spend 991 minutes engaging in sedentary activities, 193 minutes in low-intensity activities, 21 minutes in high-intensity activities, and 14 minutes in moderate-intensity activities.



Activity Intensity, Nombres de medidas

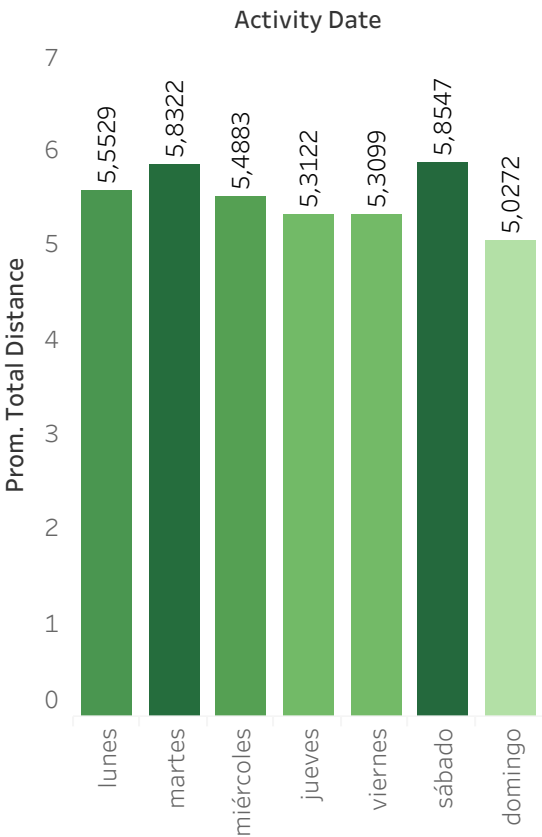
- LightlyActiveMinutes, 0
- ModeratelyActiveMinutes, 0
- SedentaryMinutes, 0
- VeryActiveMinutes, 0

User activity

Taking into account the distance covered and the number of steps, among activities of different intensities, the most active days are Tuesday and Saturday

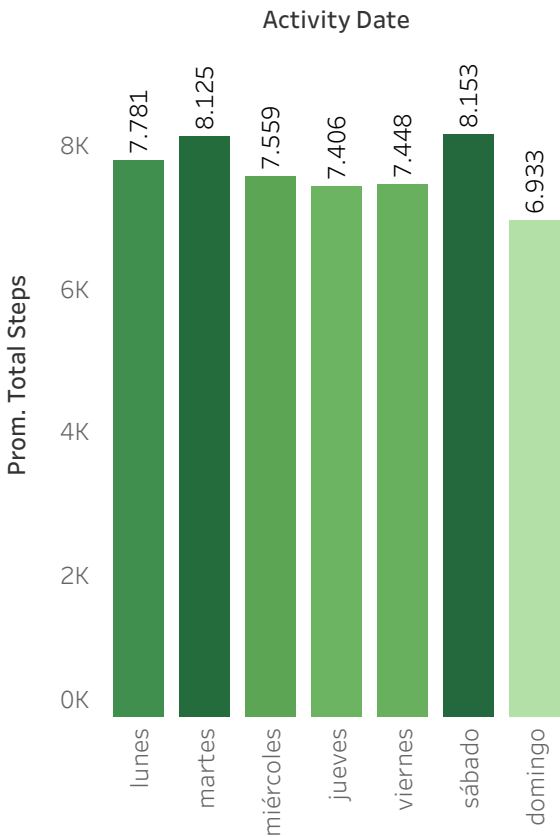


Avg total distance



5,49 kg
Average distance per day

Avg total steps



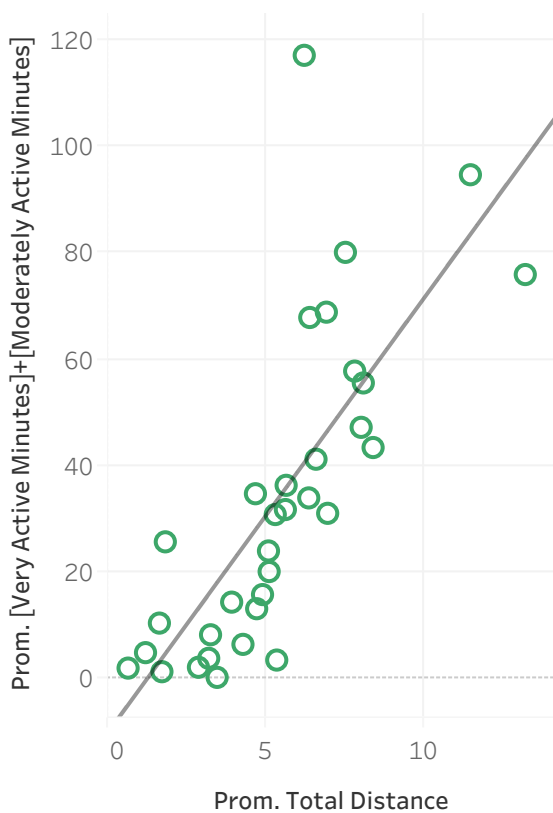
7638
Average steps per day

Most active users

Correlations found between average daily distances covered and average minutes spent in high and moderate intensity activities, as well as the average number of daily steps and the average minutes spent in high and moderate intensity exercise.

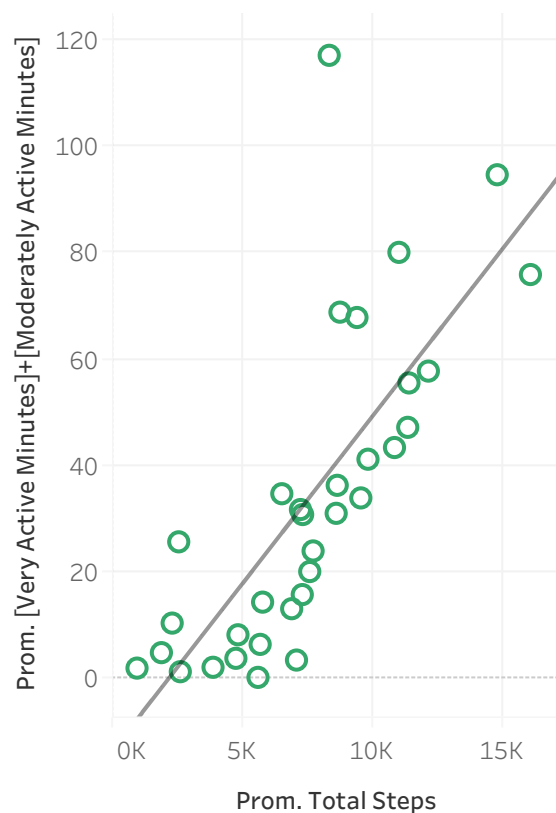
The most active users in terms of daily distances covered and daily steps taken are also the most active in terms of exercise intensity.

- The greater the average daily distance covered, the more minutes spent engaging in high and moderate intensity activities.



Correlation coefficient R:
0,75

- The higher the average number of daily steps taken, the more minutes spent engaging in high and moderate intensity activities.

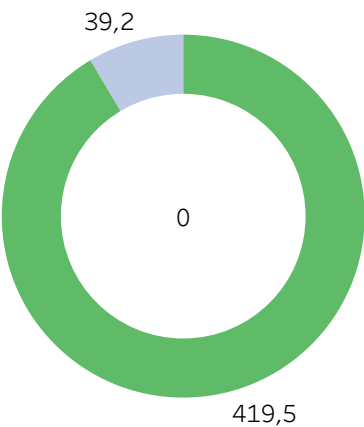


Correlation coefficient R:
0,70

Sleep activity

Sleep distribution:

- On average, users spend 712 minutes engaging in sedentary activities. Of these, 460 minutes are spent in bed, and out of those, 420 minutes are spent sleeping. Time in bed accounts for 64% of sedentary activity, while time spent sleeping represents 58%.



Average hours of sleep:

- On average, users who recorded information sleep more than the recommended 7 hours per day.



Sleep quality:

- If we break it down, we discover that 50% of people sleep more than 7 hours, 37.5% sleep between 4 and 7 hours, and 12.5% sleep less than 4 hours.

