**Fitness\_Tracker**

**Showcasing key Querying and Optimizing Data**

1. **Write Complex SELECT Queries**

**-- Find all users aged between 20 and 30**

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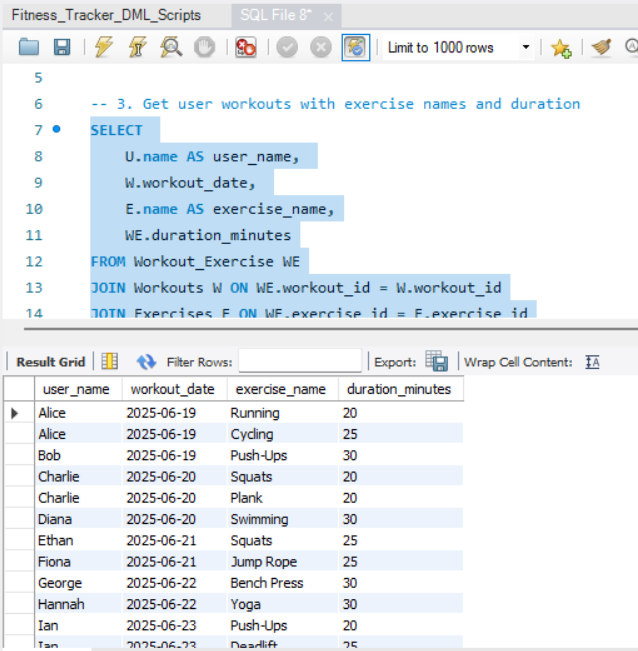
**-- Get the latest health metric of a user**

A screenshot of a computer

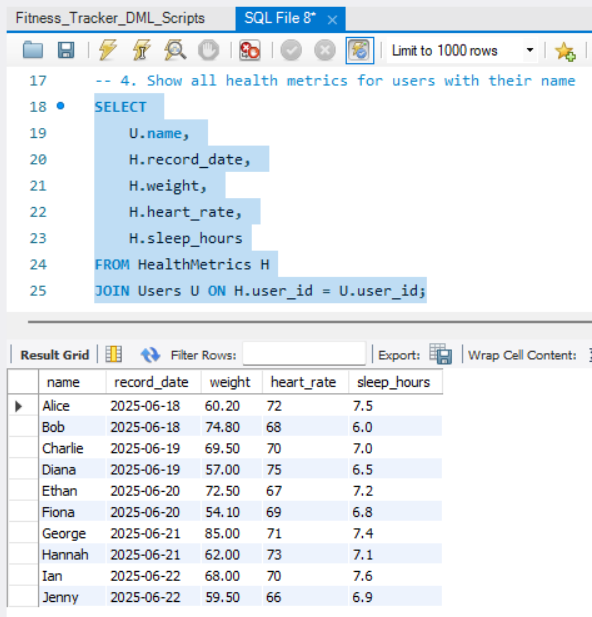
AI-generated content may be incorrect.

1. **Use JOINs, Subqueries, and Aggregation Functions**

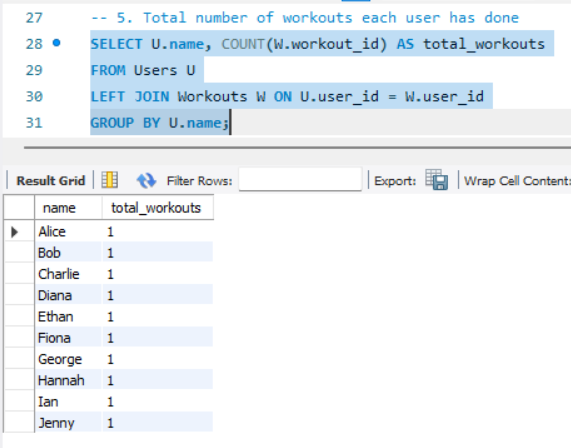
**-- Get user workouts with exercise names and duration**

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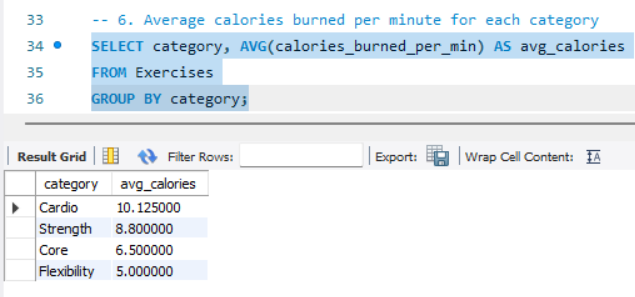
**-- Show all health metrics for users with their name**

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**-- Total number of workouts each user has done**

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**-- Average calories burned per minute for each category**

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**-- Find users who burned more than the average calories in a workout**

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**-- Get users whose latest recorded weight is below 60kg**

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1. **Optimize with Indexes**

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* + CREATE INDEX idx\_user\_id ON Workouts(user\_id);  
    ➤ Speeds up filtering by **w.user\_id = 1**
  + CREATE INDEX idx\_workout\_date ON Workouts(workout\_date);  
    ➤ Speeds up the date range filter **w.workout\_date >= CURRENT\_DATE - INTERVAL '30 days'**