🟢 LEVEL 1: Basic Selects & Filters

1. Fetch all rows from the workout\_tracker table.
2. Display only the Date and Calories columns from workout\_tracker.
3. Find all workouts that lasted more than 60 minutes.
4. Show all records where Pulse is greater than 120.
5. List distinct values of Sleep\_Quality from sleep\_tracker.

🔵 LEVEL 2: Aggregations & Sorting

1. Count the total number of rows in sleep\_tracker.
2. Find the average Calories burned in workouts.
3. Get the minimum and maximum Sleep\_Hours recorded.
4. Show the top 5 entries with highest Total\_Calories from calories\_intake.
5. Find how many entries in monthly\_summary had Weight(kg) over 60.

🟣 LEVEL 3: Group By & Date Logic

1. Get the total number of workouts per unique Pulse value.
2. Find the average Sleep\_Hours grouped by Sleep\_Quality.
3. Count how many days of data exist per month in the workout\_tracker.
4. Retrieve all entries from sleep\_tracker that happened in December 2020.
5. Find which month had the highest average number of Total\_Workouts.

🔶 LEVEL 4: Data Cleaning Checks

1. Identify and list duplicate records in the calories\_intake table.
2. Find rows where Heart\_Rate\_Variability is NULL.
3. Count how many rows have Total\_Calories less than 1000.
4. Check if any Date values are NULL in monthly\_summary.
5. Find out if there are any rows where Sleep\_Hours is negative or zero.

🔺 LEVEL 5: Joins & Insights

1. Join sleep\_tracker and calories\_intake on Date and show Sleep\_Hours with Total\_Calories.
2. From the above join, filter only where sleep was less than 6 hours.
3. Join monthly\_summary and calories\_intake to compare average calorie intake per month.
4. Identify if days with high Calories burned also had high Sleep\_Hours.
5. Create a derived column using CASE that flags Workout\_Intensity as 'High' if Calories > 450.