James Gamarra
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Data Set: *2021 Mens CrossFit Open Results*

Elevator Pitch: For many years the Army has tried to maintain a standard of physical health and performance. To do this, the Army has maintained a metric of body composition that dictates whether or not you are placed on the Army Body Composition Program and flagged for removal. Early 2021 the Army changed the way in which they assess physical fitness but seemingly failed to change the metric in which they determine physical health by numerical measurements. Due to this lack of congruency I am analyzing a data set of athletes required to train by similar metrics in which the Army wishes to assess their soldiers and observe whether they meet Army Standards. Thus proving appropriateness of the metric.

Question:

1. Does the Army Physical Fitness Test produce athletes that meet army Height and Weight Standards?

Demonstrate that you have looked at your data:

- Columns(18)
- 15 String, 3 Integer
- 127,464 Entries (0 - 137463)
- Data Set is cleaned so there are no Nan's.

	Unnamed: 0	first_name	lastname	Placing	country	continent	Age	affiliate	Height and Weight	points	21.1	21.1 time	21.2	21.2 time	21.3	21.3 time	21.4	weight	Unna
0	0	JEFFRE	ADLER	1	Canada	North America	Age 27	CrossFit Wonderland	69 in | 197 lb	101.0	20th (11:55)	605 reps	8th (9:14)	225 reps	27th (8:15)	180 reps	46th (317 lbs)	Weight lifted: 317 lbs.	
1	1	SCOTT	PANCHIK	2	United States	North America	Age 33	CrossFit Mentality	69 in | 187 lb	141.0	33rd (12:25)	605 reps	47th (9:52)	225 reps	5th (7:48)	180 reps	56th (316 lbs)	Weight lifted: 316 lbs.	
2	2	TRAVIS	MEAD	3	United States	North America	Age 34	Iron Valley CrossFit	73 in | 205 lb	165.0	87th (13:02)	605 reps	24th (9:38)	225 reps	48th (8:26)	180 reps	6th (345 lbs)	Weight lifted: 345 lbs.	
3	3	SAXON	PANCHIK	4	United States	North America	Age 25	CrossFit Cliffside	69 in | 180 lb	217.0	5th (11:25)	605 reps	68th (9:59)	225 reps	87th (8:41)	180 reps	57th (316 lbs)	Weight lifted: 316 lbs.	
4	4	RICHARD	FRONING JR.	5	United States	North America	Age 33	CrossFit Mayhem	69 in | 194 lb	254.0	58th (12:45)	605 reps	91st (10:04)	225 reps	5th (7:48)	180 reps	100th (312 lbs)	Weight lifted: 312 lbs.	

MVP: My MVP is visualizing data suggesting key metrics that made athletes successful through data visualization. I will also analyze, through linear regression, whether better CrossFit performances bring you closer to Army Height and Weight Standards.