

Personal fitness tracker

- I was curious to know what some trends were regarding my personal fitness, so I decided to make an interactive Tableau dashboard that displays some trends in my fitness journey.
- I plan on updating this dashboard every time I work out so I can see the trends of this year.

Data collection

- I track every workout I have in the Notes app on my iPhone. From here, I can fill out this data into an Excel worksheet.
- The data is only from 2023 and can be manually updated after every single workout.
- Three tables were made.
 - workout_sessions, monthly_summary, exercise_type
- Excel workbook:



Personal Fitness Tracker.zip

Data cleaning and preparation

- The cleaning process was very minimal because I manually input the data from my phone, leaving few if not any mistakes.

Explore and Analyze Data in Tableau

- My data has been imported, and now I can create my visualizations.
- I want to see the following insights:
 - Dropdown calendar to select the specific day and month.
 - Calories burned per workout.
 - Correlation between workout intensity and calories burned.
 - Duration of workouts and the calories burned.
 - Average duration of every workout.
 - A monthly summary detailing the sum of calories burned, duration of workouts, and number of workout sessions.

Tableau visualizations

- <https://public.tableau.com/app/profile/khang.nguyen4719/viz/PersonalFitnessTracker/Dashboard1?publish=yes>

Summary

- I had a ton of fun making this project! I will be updating it as frequently as possible and at the end of the year, I will see the total trends of my progress.