

# Modelling and Prediction of Athletic Readiness based on Sleep and Recovery Patterns

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## WEEK NUMBER: 1

### A. *Progress Summary*

#### 1) *Work Completed:*

- Project Definition Allocation
- Project Overview Discussion with Ms. Shristi Sharma.
- Analysis of the dataset.

### B. *Upcoming Tasks*

#### 1) *Tasks Planned:*

- Literature Review of relevant works
- Pre-processing and Extracting features of the dataset
- Selection of the models suitable for our dataset
- Selection of performance metrics based on the models
- Cleaning of the dataset.