Case Study - Key Insights

Budget vs Burnout - 60-Day Student Lifestyle Analysis

Jack's Problem

Jack is a 21-year-old student juggling classes, late-night screen time, and irregular spending. Over 6- days his sleep, mood, spending, and productivity fluctuated - but nothing linked those signals until now

What I did? (Process Summary)
• 60 days of daily data: sleep, mood, spend, productivity, screen time
• Cleaned & normalized; created mood_score, overspend_flag, burnout_flag
• Built 6 dashboards + weekly visulas + what-if analysis

Key Findings
• Overspending days usually led to a drop in mood the next day
• Sleep under 6 hours consistently reduced productivity
• Week 3 had the highest burnout flags due to less sleep & more spending
• Screen time spikes matched low productivity & low mood days

Why It Matters?
This analysis turns daily habits into measurable signals - helping Jack make data-driven decisions about sleep, spending, mood, and screen time.

Recommendations
• Set weekly spending limits to prevent mood drops
• Trigger alert if sleep < 6 hours
• Reduce screen time by 2 hours and track productivity
• Use dashboard flags to prevent burnout beofre it peaks