Prepare :

Files we will used is dailyActivity , heartrate\_seconds , sleepDay ,weightLogInfo

And we will merge hourlyCaloreis , hourlyIntensities , hourlySteps into hourlyActivity

We will use Excel to analyze data

Process:

1. DailyActivity : Checks that id is consistent , No duplicate values , No null values
2. Heartrate\_seconds : Checks that id is consistent , No duplicate values , No null values
3. hourlyActivity : Checks that id is consistent , No duplicate values , No null values
4. sleepDay : 3 duplicate values found deleted and remain 410 unique value , no null values , id is consistent
5. weightLogInfo : no duplicate values , a lot of null values in the Fat column so I delete it , id is consistent and no other null values , found an outlier value 133.5 kg in weightKg so I delete it

Analysis

1. sleepDay : avg minutes of sleep is 419 , avg minutes of staying in the bed is 458 so people spend around 40 minutes in the bed without sleeping
2. dailyActivity : avg of step in the day is 7637 and it’s below the recommended average = 10000 avg distance is 5.4 miles , avg calories 2303
3. hourlyActivity : avg of calories per hour is 96 with minimum 62 and maximum 144 and calories per hour happened to be between 80 and 100 in most cases (look at graph : distribution of calories per hour) , avg of steps per hour is 315 with minimum 40 and maximum 675
4. weightLogInfo : average of BMI is 24 , people with higher calories per day have higher weight (look at graph : relation between calories and weight ) , there is no relation between time person stay at the bed without sleeping and the calories person burned in the day (look at graph : relation between time in bed without sleeping and calories)