**Questions**

1. **How do different workout types affect calorie burn and average heart rate, considering factors like weather and location?** (This is a comprehensive question that looks at the effectiveness of different workouts in various conditions. For example, does running in the park burn more calories than running on a treadmill at the gym, and how does weather affect this?)
2. **Is there a relationship between sleep hours and mood, and does this relationship vary based on activity levels (steps, active minutes)?** (This explores the connection between sleep, mood, and activity. For example, do people who get more sleep tend to be happier, especially if they are also more active?)
3. **Do specific locations (Park, Office, Home, Gym, Other) tend to be associated with particular mood, and are these associations influenced by weather conditions?** (This question investigates the impact of environment on mood. For example, is being in a park on a clear day associated with a happier mood compared to being at the office on a rainy day?)
4. **For each workout type, what is the optimal range of steps/active minutes to maximize calorie burn without excessively elevating heart rate?** (This focuses on optimizing workouts for efficiency and safety. For example, how many steps of walking are needed to achieve a good calorie burn without putting too much strain on the heart?)
5. **Does weather influence the choice of workout type or location, and how do these choices subsequently affect mood and physical activity metrics?** (This explores the impact of weather on behaviour and its downstream effects. For example, do people tend to switch to indoor workouts on rainy days, and how does this change their mood and activity levels?)