

Daily Activity



Average of Total Steps

7.69K



Average of Calories

2.32K



Average Sedentary Min

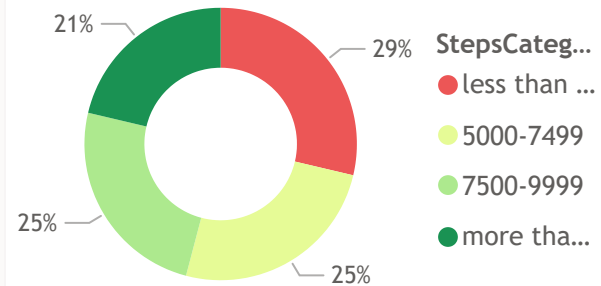
986



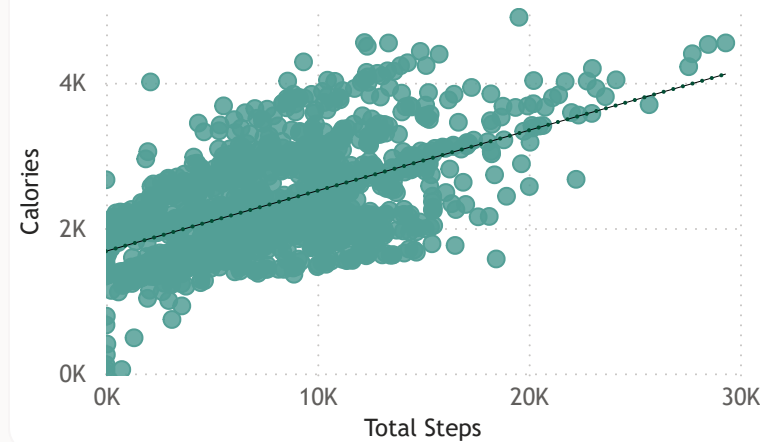
Average Active Min

21

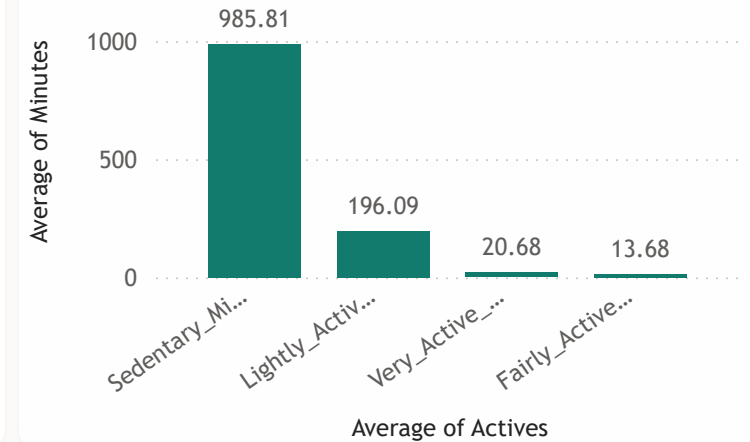
Physical Activity Classification Based on Step Count



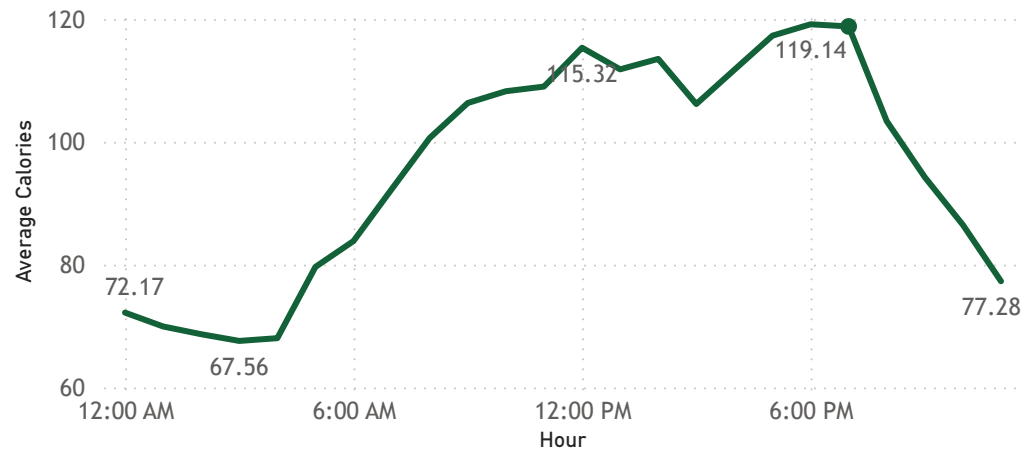
The Relationship Between Steps and Calories



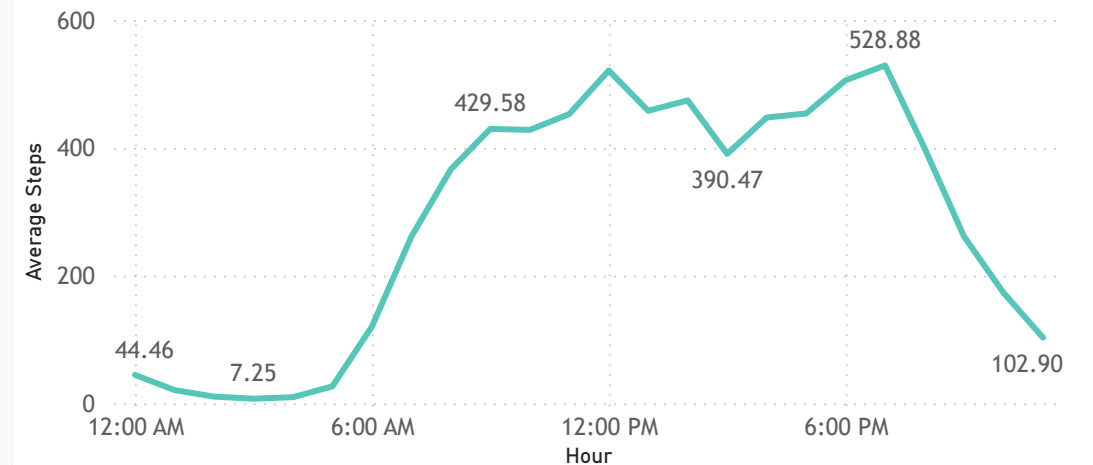
Average Activities Minutes



Hourly Distribution of Calories



Hourly Distribution of Steps



Daily Activity

Sleep Efficiency

Monthly Activity Analysis

BMI Analysis

Sleep Efficiency bellabeat



Average of Hours Asleep

7.0



Average of Hours InBed

7.6



percentage of Days < 6 Hours

24%



Average of Sleep Efficiency

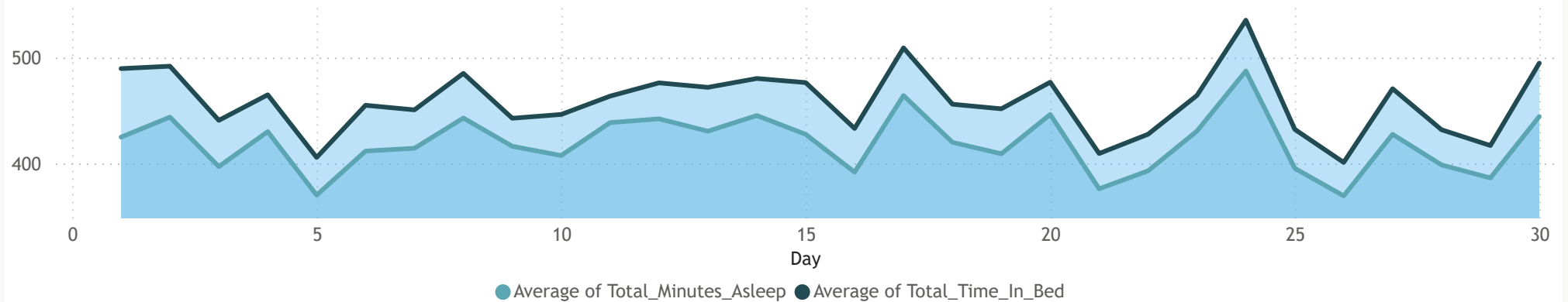
91%



percentage of Asleep Per Day

29%

Comparison of Asleep Time & Time InBed by Day



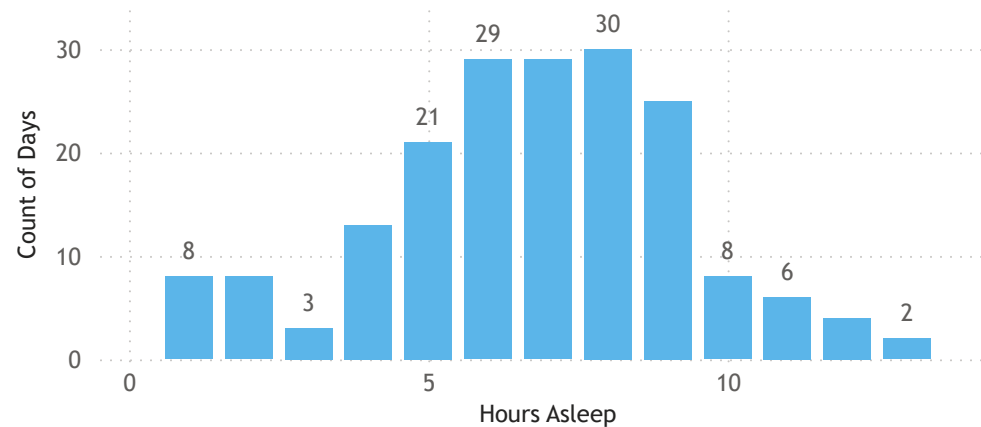
Daily Activity

Sleep Efficiency

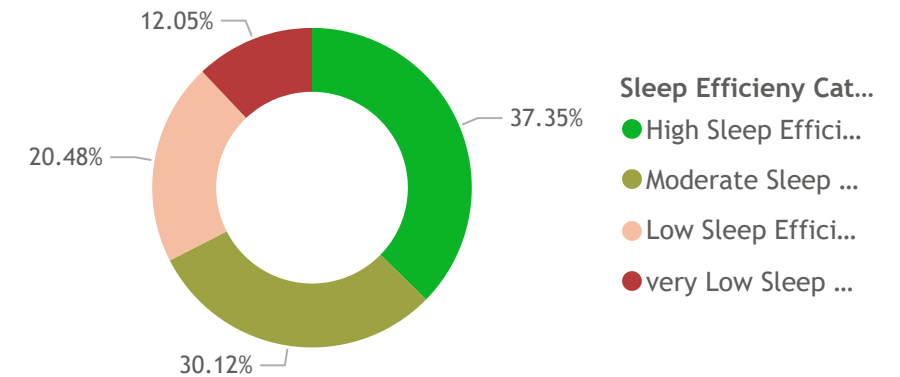
Monthly Activity
Analysis

BMI Analysis

Distribution of Daily Sleep Hours



Sleep Efficiency Distribution



Monthly Activity Analysis



Number of Users

35

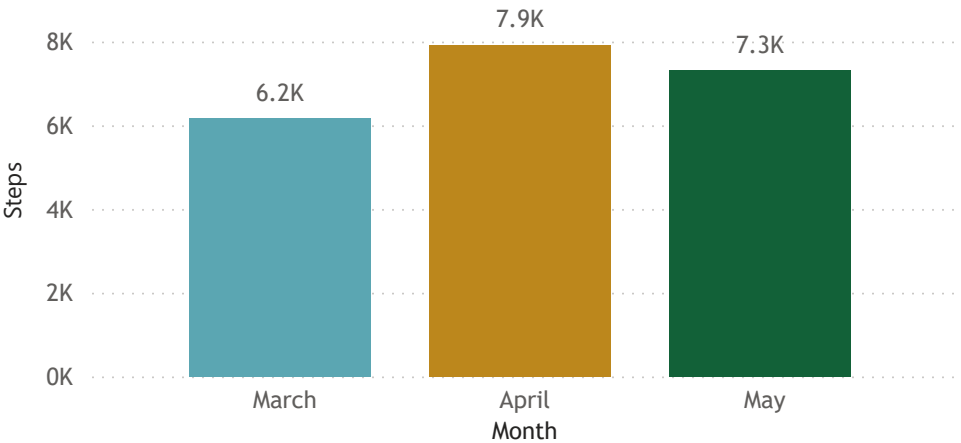
Daily Activity

Sleep Efficiency

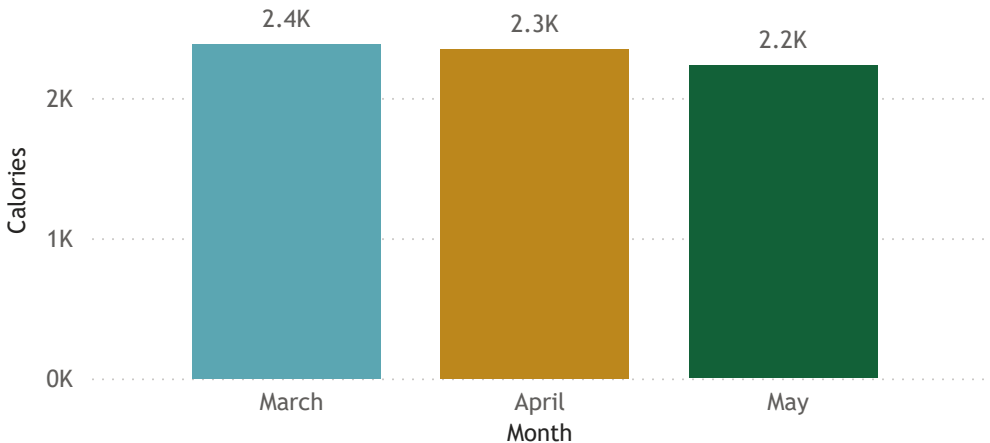
Monthly Activity Analysis

BMI Analysis

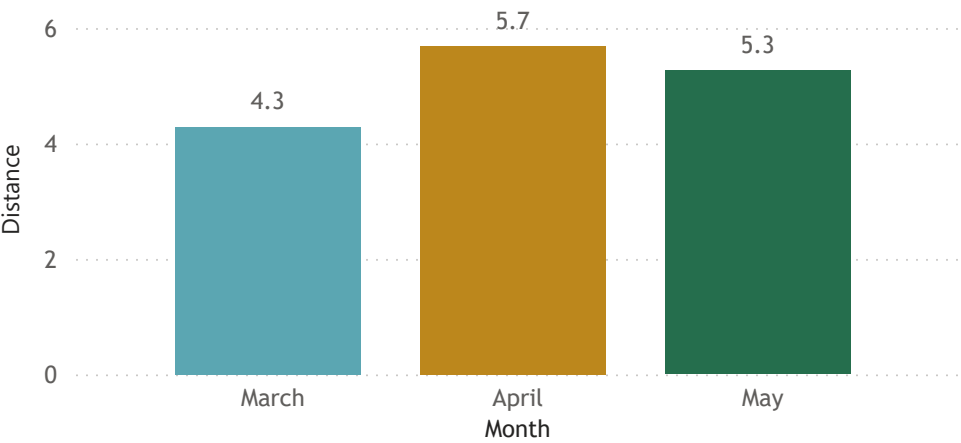
Total Steps By Month



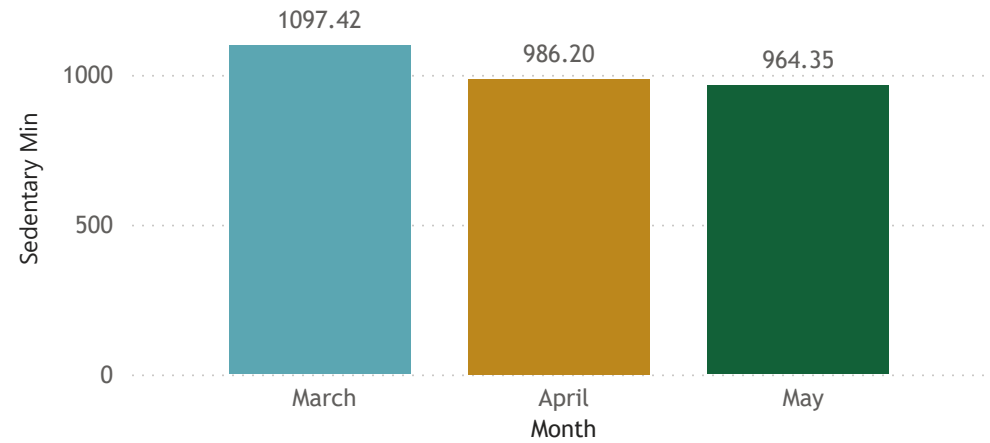
Calories Burned by Month



Distance Walked by Month



Sedentary Min by Month



BMI Analysis



Average BMI

25.37

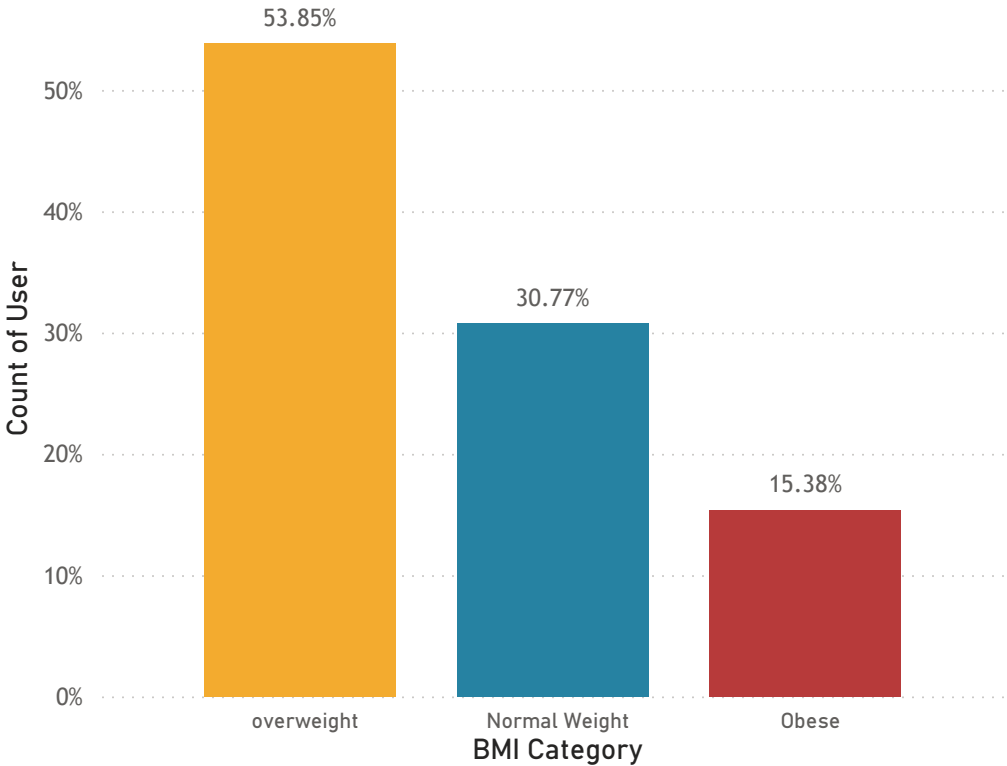
Daily Activity

Sleep Efficiency

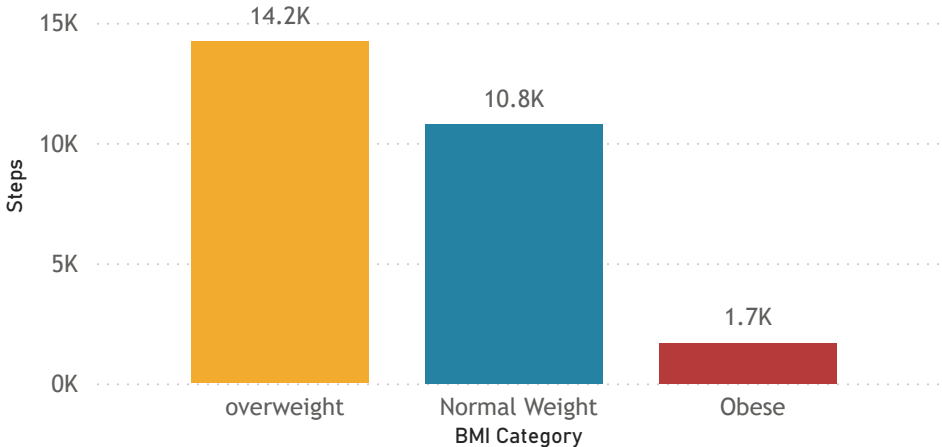
Monthly Activity
Analysis

BMI Analysis

Distribution of Users by BMI Category



Average of Total_Steps by BMICategory



Hours Asleep by BMI Category

