

# Daily Activity



Average of Total Steps

7.69K



Average of Calories

2.32K



Average Sedentary Min

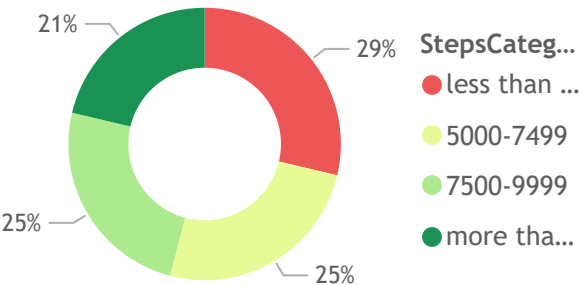
986



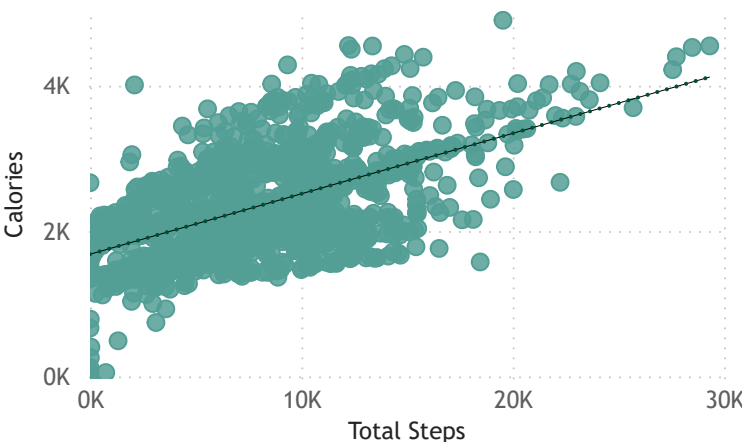
Average Active Min

21

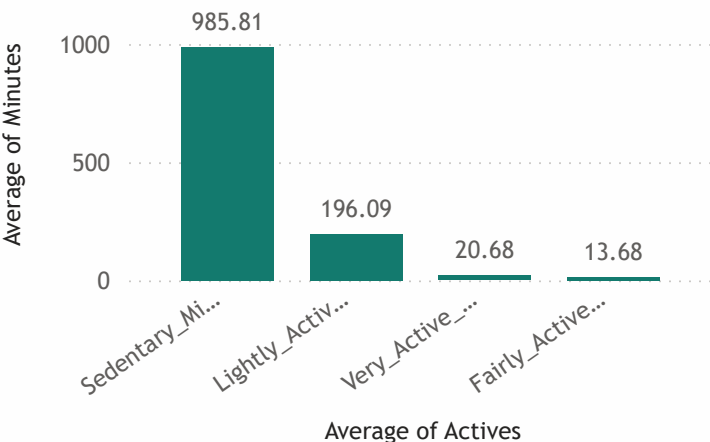
Physical Activity Classification Based on Step Count



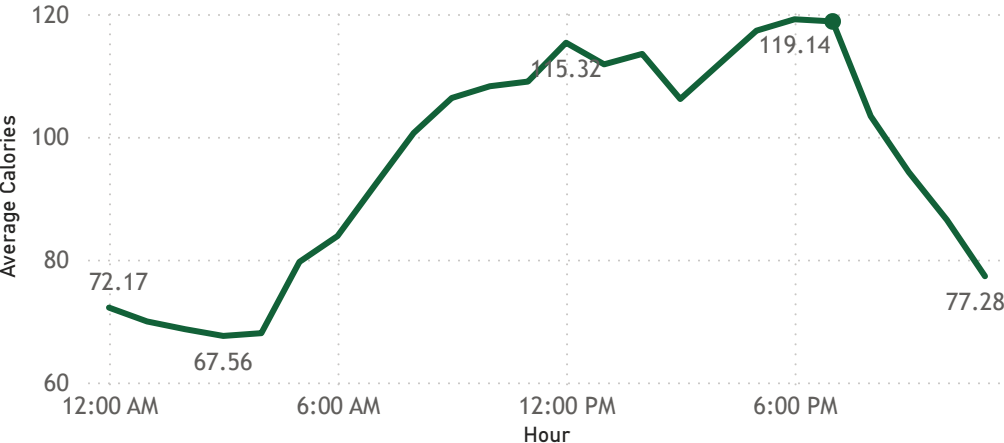
The Relationship Between Steps and Calories



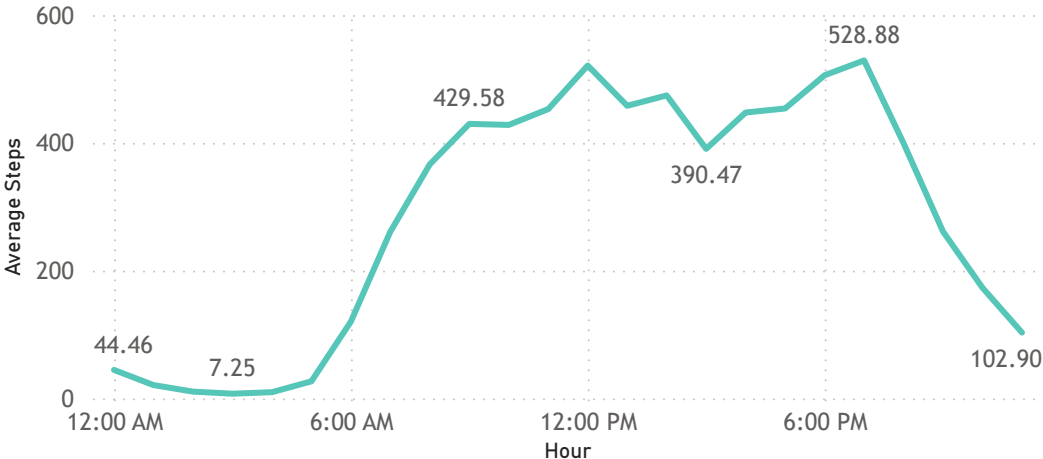
Average Activities Minutes



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%

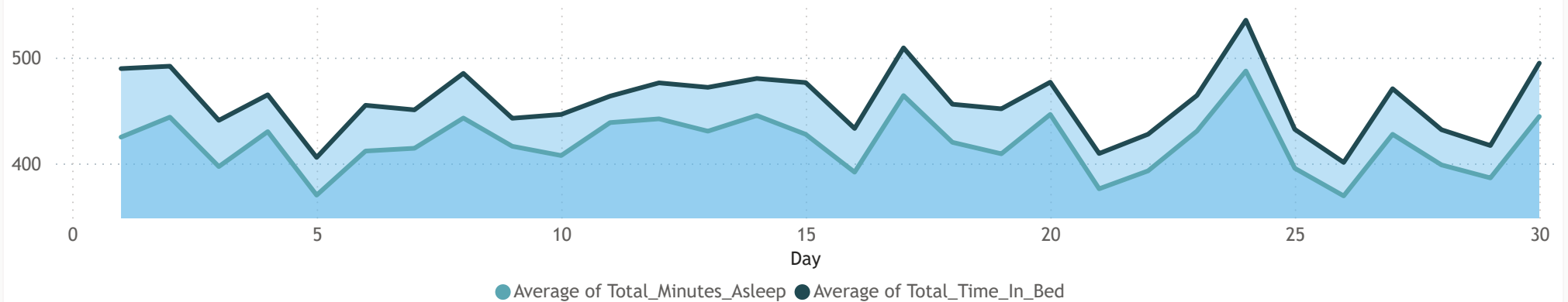
Daily Activity

Sleep Efficiency

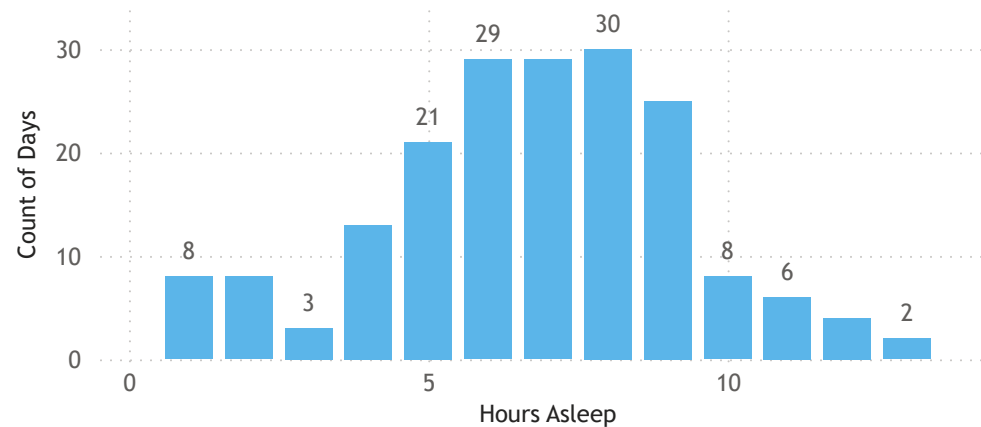
Monthly Activity  
Analysis

BMI Analysis

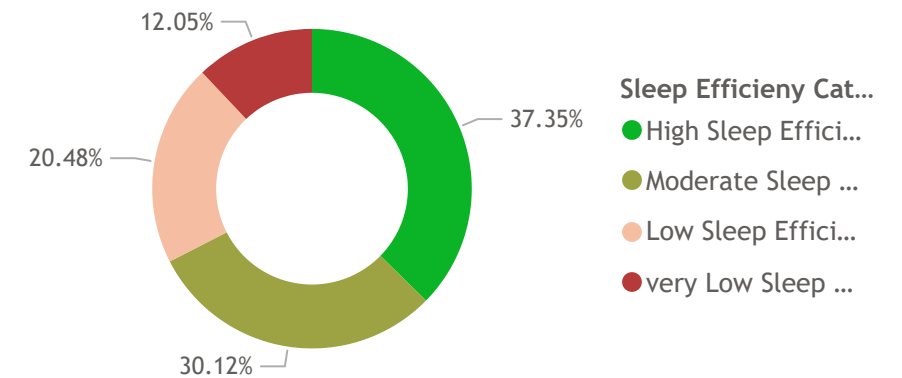
Comparison of Asleep Time & Time InBed by Day



Distribution of Daily Sleep Hours



Sleep Efficiency Distribution



# Monthly Activity Analysis



 Number of Users

35

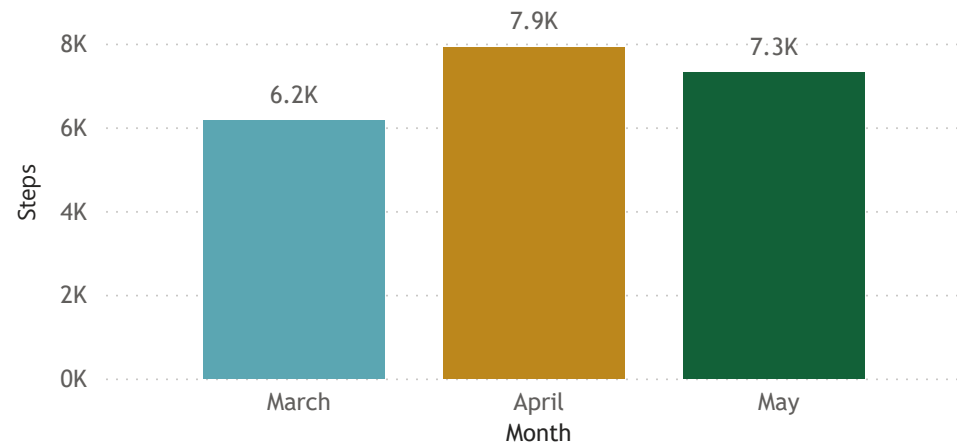
Daily Activity

Sleep Efficiency

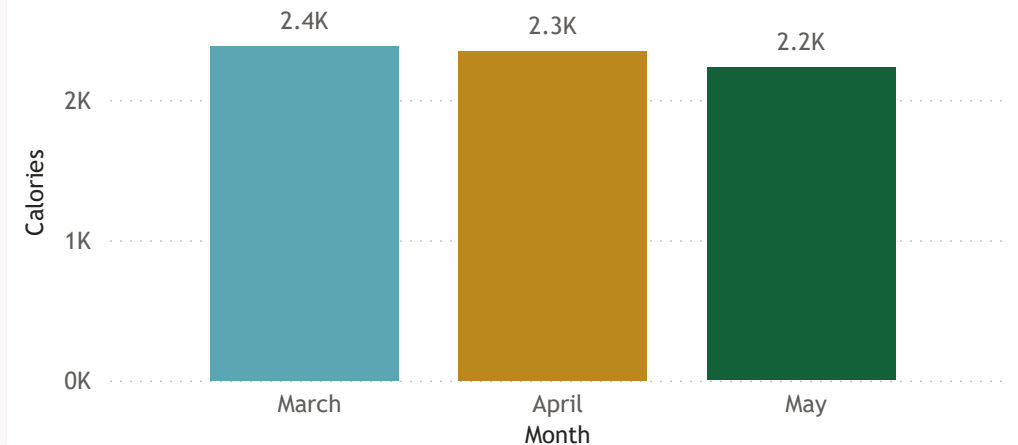
Monthly Activity  
Analysis

BMI Analysis

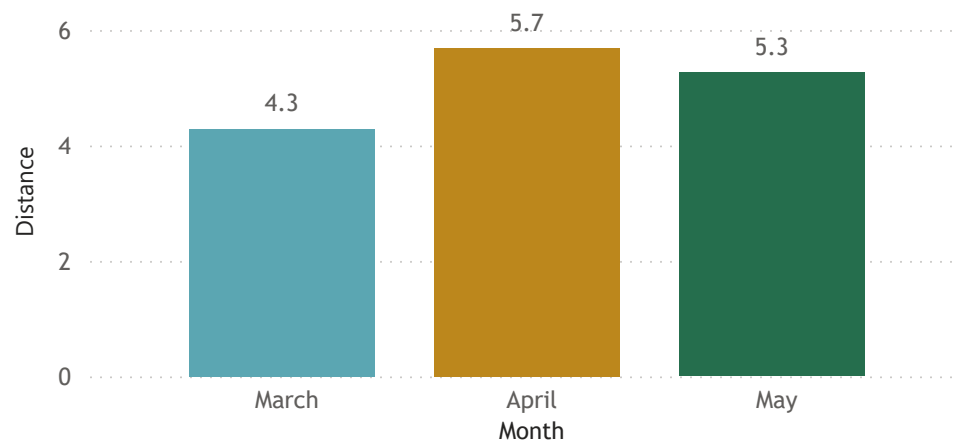
## Total Steps By Month



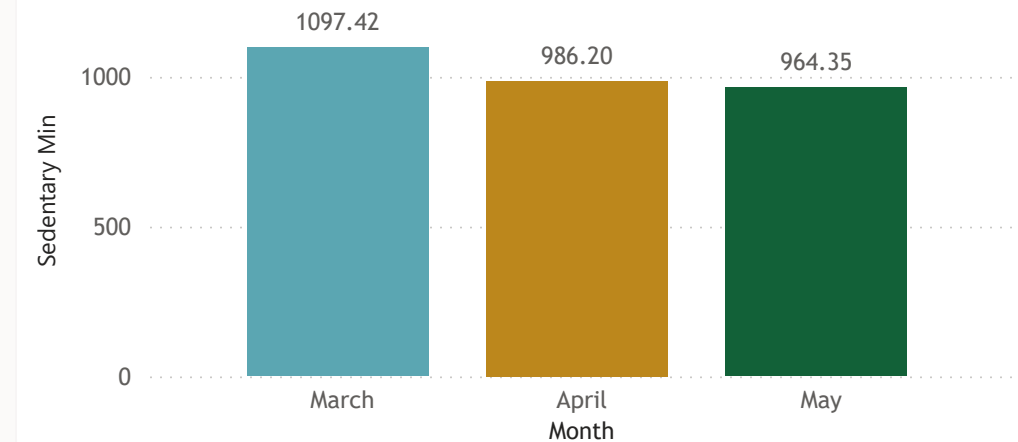
## Calories Burned by Month



## Distance Walked by Month



## Sedentary Min by Month



# BMI Analysis



Average BMI

25.37

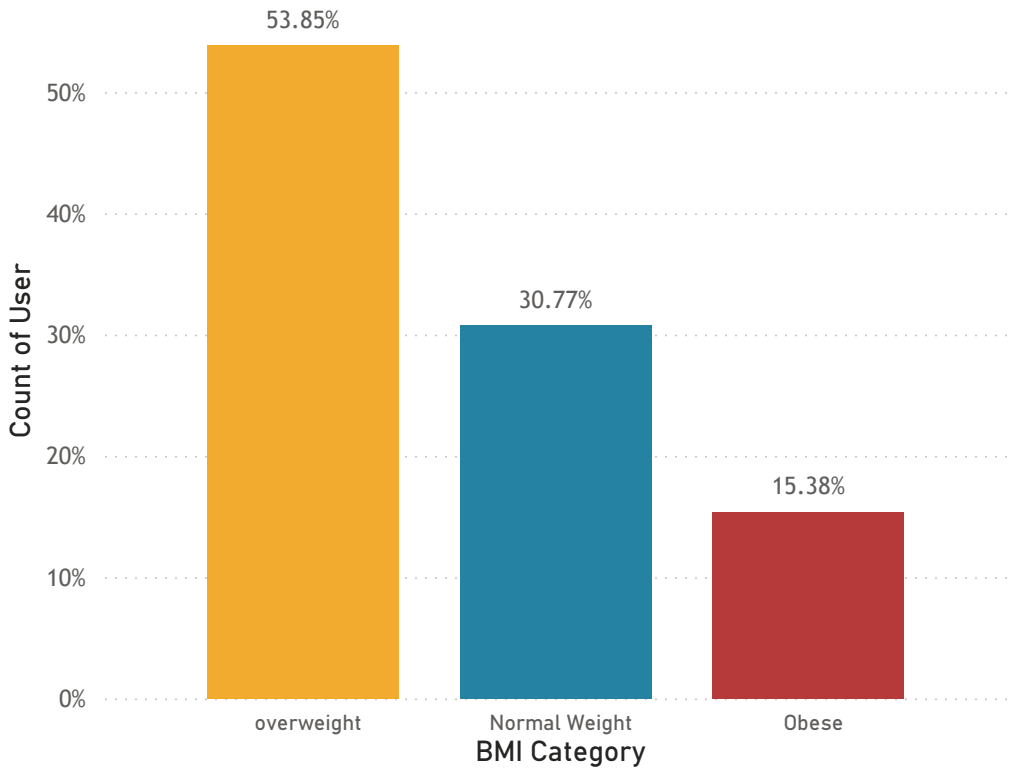
Daily Activity

Sleep Efficiency

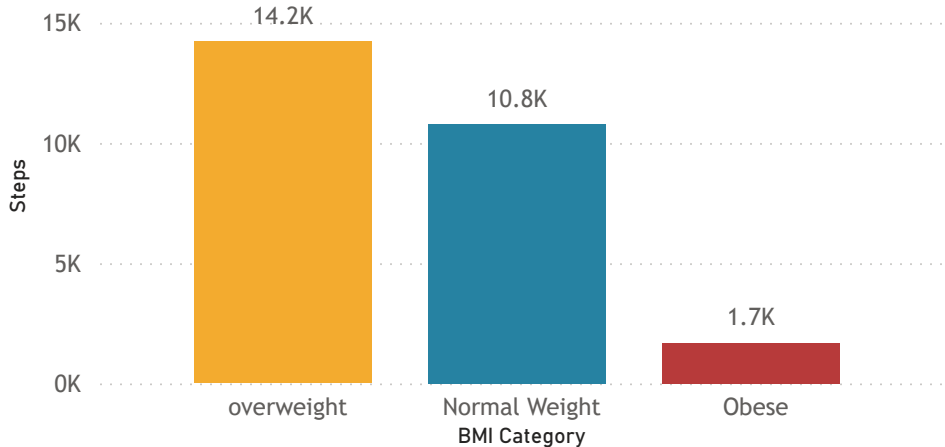
Monthly Activity  
Analysis

BMI Analysis

Distribution of Users by BMI Category



Average of Total\_Steps by BMICategory



Hours Asleep by BMI Category

