Dataset: Smartwatch Health Data (Uncleaned) <https://www.kaggle.com/datasets/mohammedarfathr/smartwatch-health-data-uncleaned>

Dataset Overview:  
Total Rows: 10,000  
Total Columns: 7  
Use Case: Health monitoring using smartwatch sensor data

1. Load all the libraries
2. Get the data from local path
3. Inspect data
4. Transform data into a proper format
5. Clean data
   1. Handle missing data
   2. Check on duplicates
6. Statistic summary of dataset
7. Detect outliers
8. Explore Data analysis and visualization
   1. How do heart rate variations correlate with different activities?
   2. Does blood oxygen level fluctuate differently for active vs. sedentary individuals?
   3. Can we detect abnormal health patterns, such as high heart rate during sleep?
   4. Is there a correlation between sleep duration and daily activity levels?
   5. How does activity level impact blood oxygen levels?
   6. Is there a correlation between stress levels and activity levels?

--What time of day do stress levels peak, and how does activity influence it?

* 1. Can we detect potential health risks by analyzing low blood oxygen levels during high stress?

1. Conclusion about this project