



My 6 Weeks  
Weight loss  
Transformation  
Analysis

Overview

Key Influencers

Observations

Total Skips



55K

Miles Walked



17

Cardio Mins



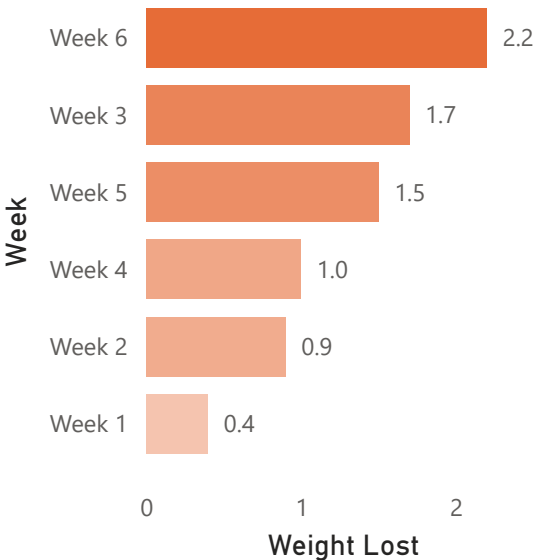
45

Swim Mins

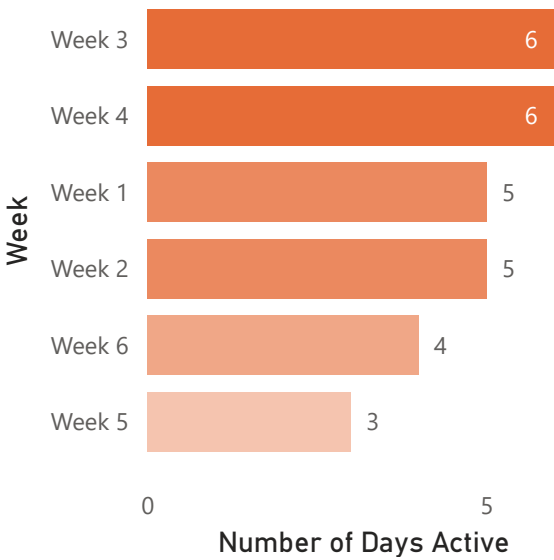


225

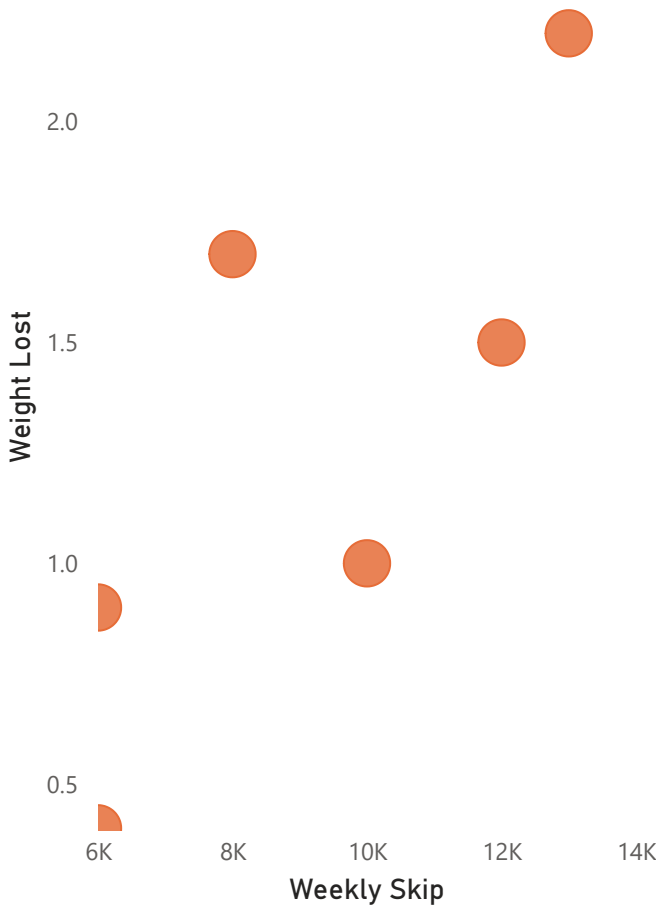
Weight Lost by Week



Active Days By Week



Weekly Skips Vs Weight Lost



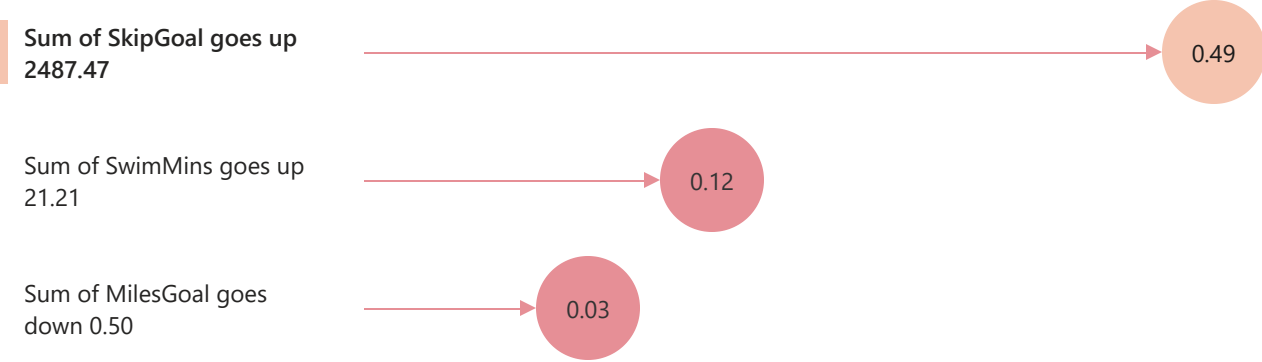
| Week   | Starting Weight | Skip Goal | Miles Goal | Swim Mins | Cardio Mins | Days Active | Closing Weight | Weight Lost | Target Reached |
|--------|-----------------|-----------|------------|-----------|-------------|-------------|----------------|-------------|----------------|
| Week 1 | 106.0           | 6000      | 3          |           |             | 5           | 105.6          | 0.4         | Y              |
| Week 2 | 105.6           | 6000      | 5          | 45        |             | 5           | 104.7          | 0.9         | Y              |
| Week 3 | 104.7           | 8000      | 4          |           | 30          | 6           | 103.0          | 1.7         | Y              |
| Week 4 | 102.9           | 10000     | 5          | 90        | 15          | 6           | 101.9          | 1.0         | Y              |
| Week 6 | 102.0           | 13000     |            | 90        |             | 4           | 99.8           | 2.2         | Y              |
| Week 5 | 101.8           | 12000     |            |           |             | 3           | 100.3          | 1.5         | Y              |

What influences Weightlost to 

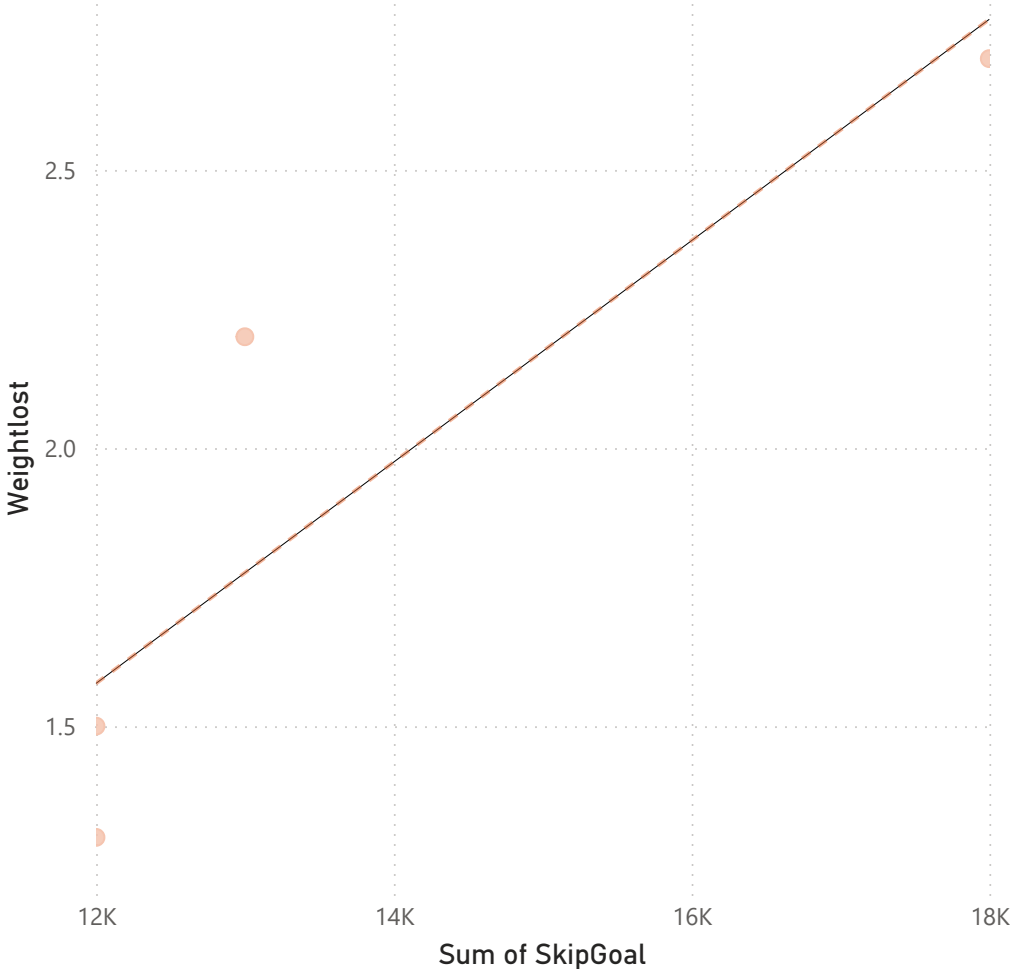
Increase

 ?

When...  
....the average of Weightlost increases by



← On average when Sum of SkipGoal increases, Weightlost also increases.



## Observations & Recommendations

- . **Observations:** There seems to be a linear relationship between my skipping goals and how much weight I lose weekly.
- .               The number of mins spent in the pool seems to have a positive relationship with how much weight I lose weekly.
- .               My walking steps count seems to have more of a negative effect on how much weight I lose weekly.
  
- . **Recommendation:** To lose more weight, I would increase my skipping goals and the amount of mins I swim weekly.
  
  
- . **Limitations:** Correlation doesn't always mean causation.  
                    Other factors like nutrition, sleep time, stress level, etc. might should be considered to make a stronger prediction/recommendation.