



My 6 Weeks  
Weight loss  
Transformation  
Analysis

Overview

Key Influencers

Observations

Total Skips



55K

Miles Walked



17

Cardio Mins



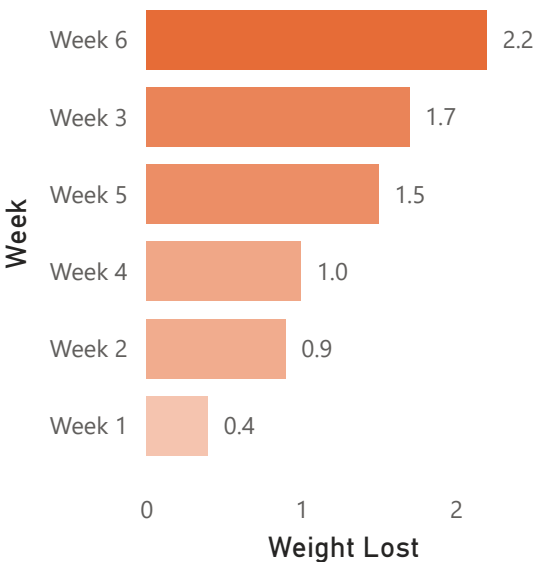
45

Swim Mins

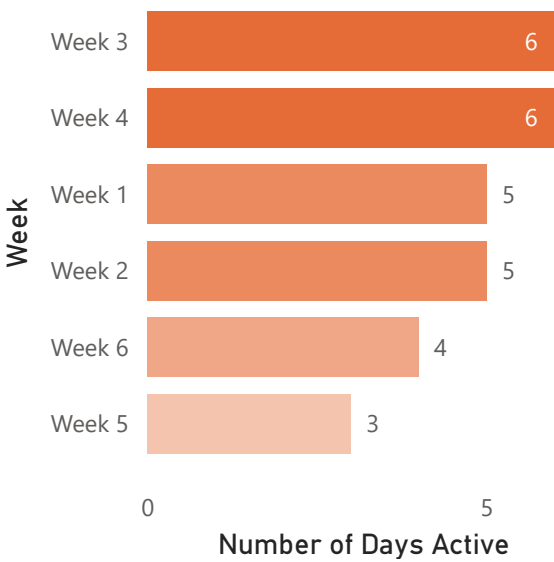


225

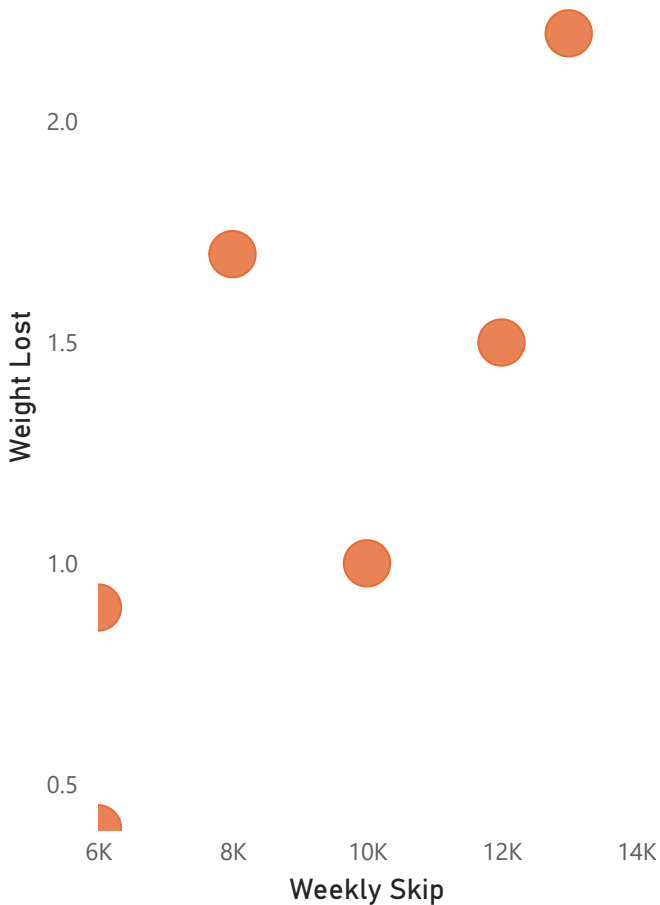
Weight Lost by Week



Active Days By Week



Weekly Skips Vs Weight Lost



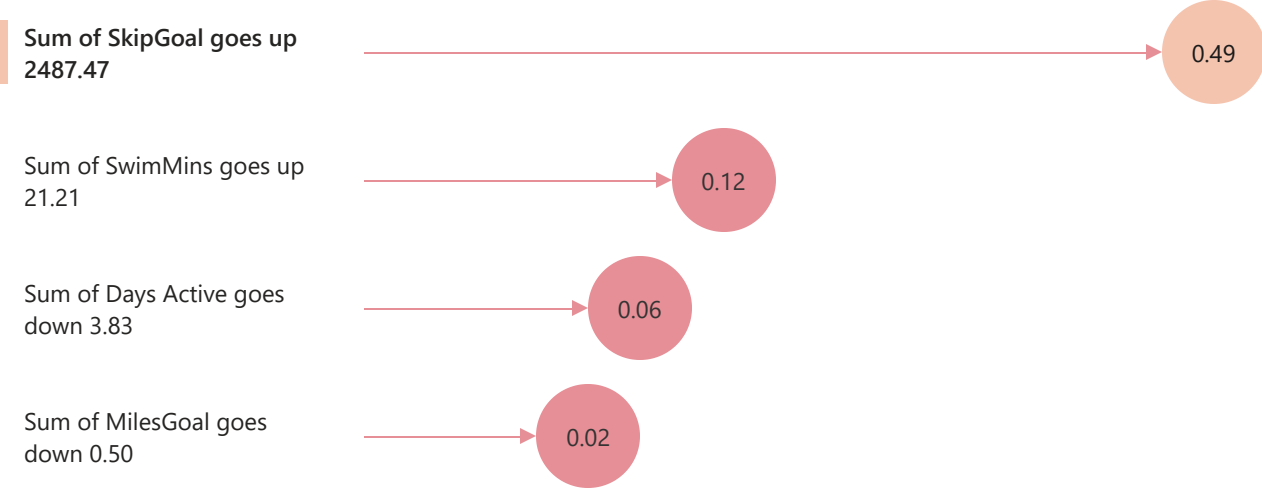
Week	Starting Weight	Skip Goal	Miles Goal	Swim Mins	Cardio Mins	Days Active	Closing Weight	Weight Lost	Target Reached
Week 1	106.0	6000	3			5	105.6	0.4	Y
Week 2	105.6	6000	5	45		5	104.7	0.9	Y
Week 3	104.7	8000	4		30	6	103.0	1.7	Y
Week 4	102.9	10000	5	90	15	6	101.9	1.0	Y
Week 6	102.0	13000		90		4	99.8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

What influences Weightlost to 

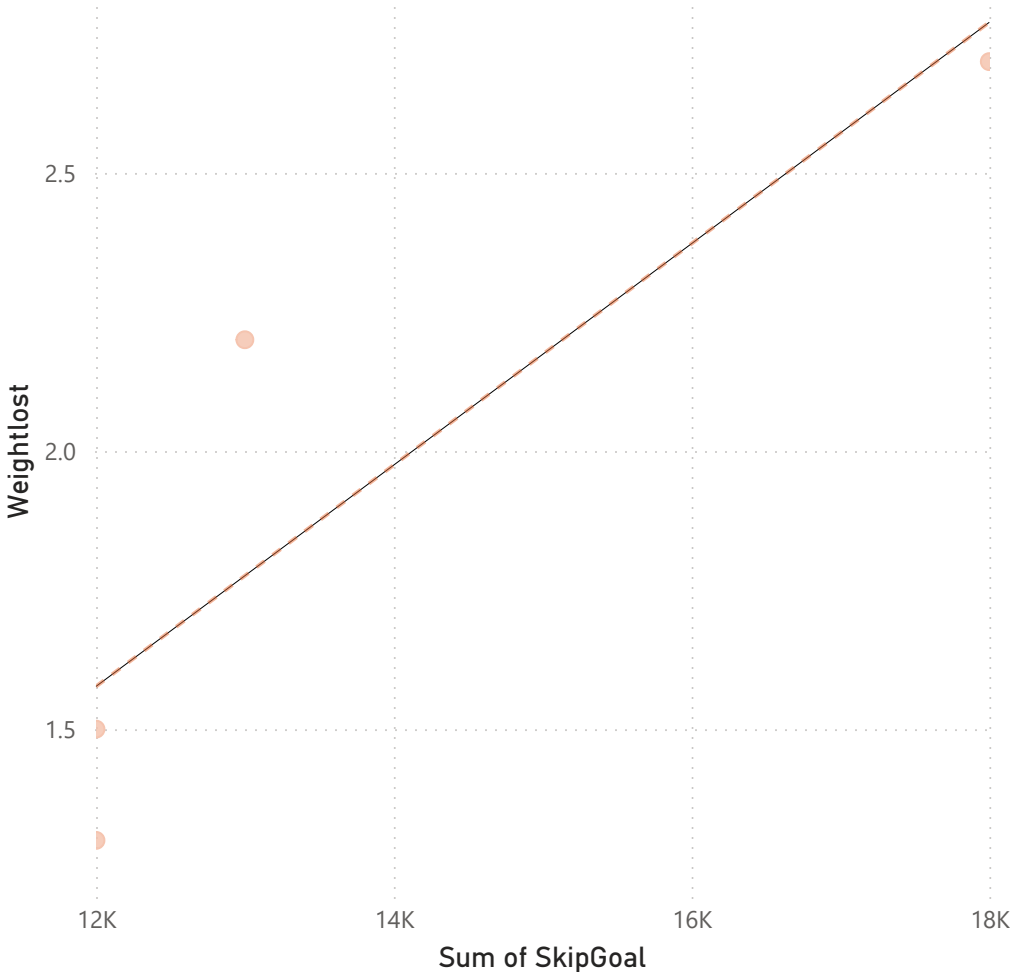
Increase

 ?

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 relationship on how much weight I lost weekly.
- .                   The number of days I was active also had a negative relationship on how much weight I lost weekly.

In conclusion, since walking is a low intensity exercise, while skipping and swimming are both considered mid level intensity exercises, this analysis suggests that intensity of the exercises played more role in my weight loss transformation than just staying active with low intensity exercises.

- . **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. should be considered to make a stronger prediction/recommendation.