

My Data My Story



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Intuition

Tracking my daily physical activity provides several benefits. By recording details like steps, distance, and calories burned, I can measure my activity levels and identify any consistent patterns in my routine. This data helps me stay motivated, set achievable goals, and improve my overall health.

Objective

My objective in maintaining this activity log is to track my daily steps and calorie burn to understand my physical activity trends. This data will allow me to make better decisions regarding my fitness and activity goals.

Challenges

1. Consistency in Logging Data: Maintaining a consistent routine for logging daily activities.
2. Variability in Activity: Different levels of physical activity each day can affect the accuracy of trends.
3. Limited Tools: Relying on basic tracking methods limits the depth of analysis.

The data captured



Data description

Describe your data using `df.head()` and `df.info()`

The activity log records various parameters:

- Steps Count
- Distance (in kilometers)
- Calories Burned
- Day and Date

First 5 rows of the data:

	Date	Day	Steps	Km	Calories Burned	Goal
0	2024-08-01	Thursday	10007	7.00	750.28	10000
1	2024-08-02	Friday	11115	7.78	833.60	10000
2	2024-08-03	Saturday	1619	1.13	121.26	10000
3	2024-08-04	Sunday	2301	1.61	172.54	10000
4	2024-08-05	Monday	13273	9.29	995.42	10000

Data summary information:

<class 'pandas.core.frame.DataFrame'>

RangeIndex: 102 entries, 0 to 101

Data columns (total 6 columns):

#	Column	Non-Null Count	Dtype
0	Date	102 non-null	object
1	Day	102 non-null	object
2	Steps	102 non-null	int64
3	Km	102 non-null	float64
4	Calories Burned	102 non-null	float64
5	Goal	102 non-null	int64

dtypes: float64(2), int64(2), object(2)

Story board #1



This period of tracking my activity has allowed me to see the balance between college-related walking and my exercise routines. My average step count is around 6,000 steps daily, totaling over 180,000 steps over several months.

Each day has a distinct rhythm based on my college schedule. Walking between classes adds a significant number of steps, especially on **Wednesdays**, where I have the maximum number of classes and therefore see my highest step count, often exceeding 8,000 steps. My college days contribute more to my activity levels than weekends, giving me a solid foundation of activity every week.

This college-focused pattern has helped me build an active lifestyle by naturally incorporating walking into my daily routine. I'm looking forward to further improving this routine and reaching new milestones.

▼ Story board #2



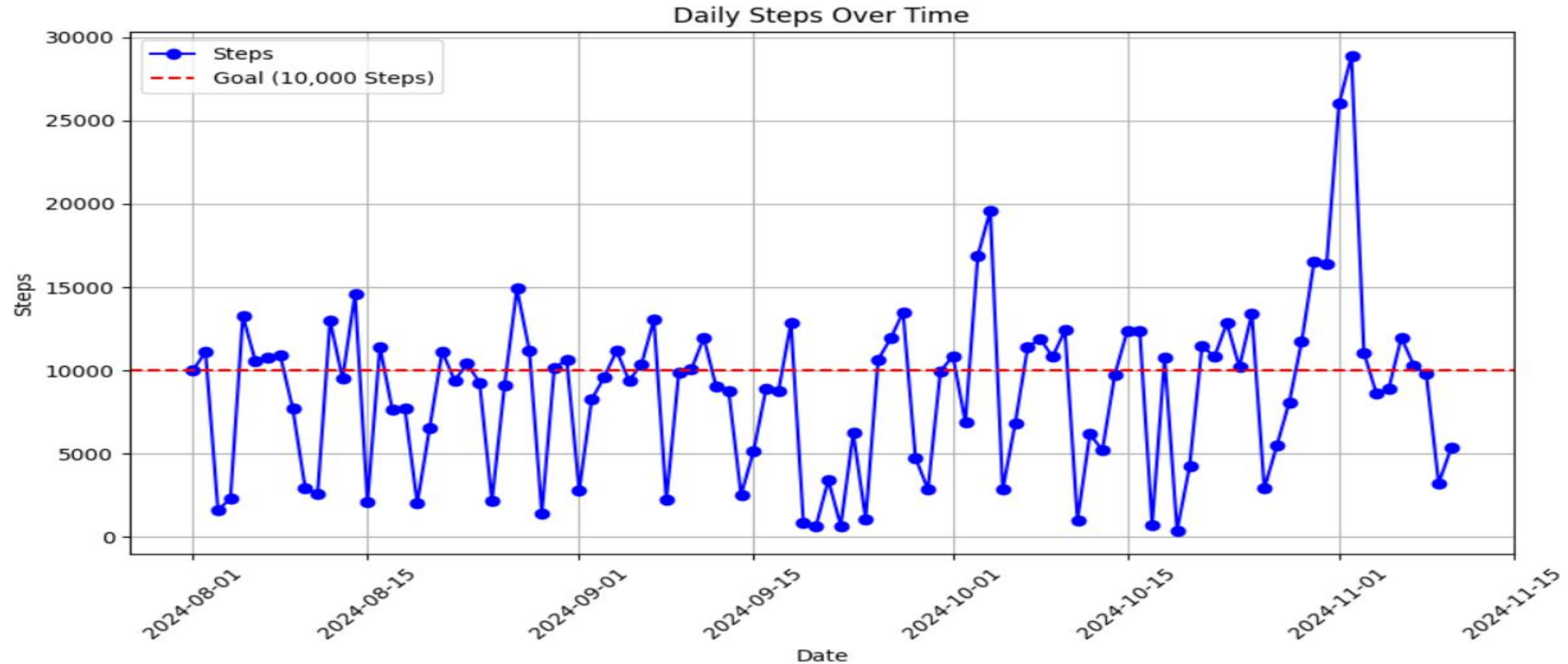
Weekday Patterns: College Days Boost Activity

On weekdays, my step count is naturally higher due to the need to walk around campus. With multiple classes throughout the day, especially on Wednesdays, I often reach a peak step count mid-week. Wednesdays, in particular, have the maximum number of classes, significantly contributing to my physical activity, averaging around 8,000 steps.

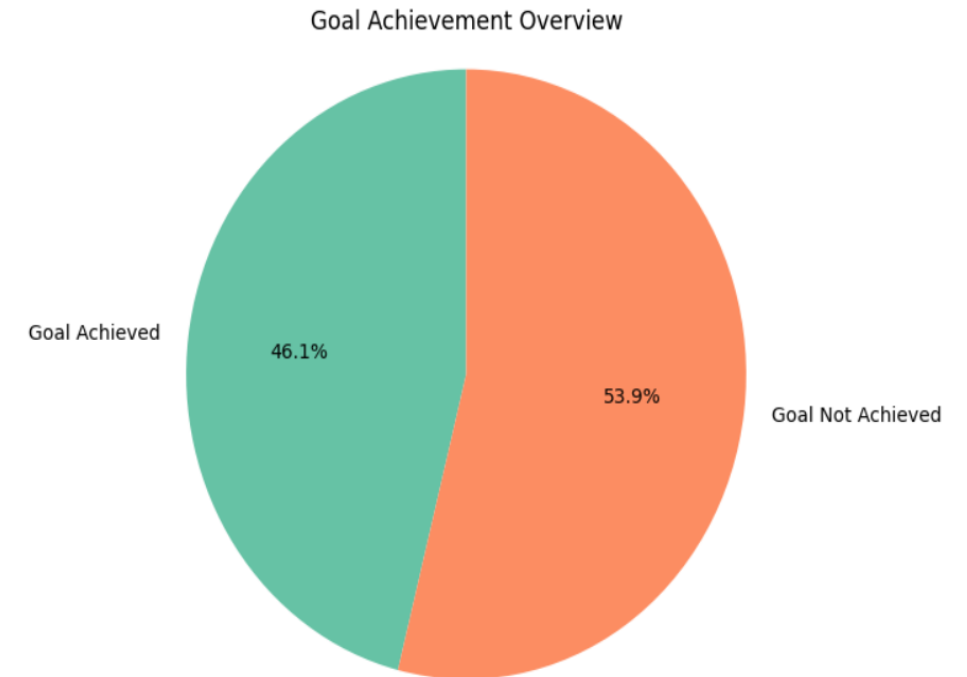
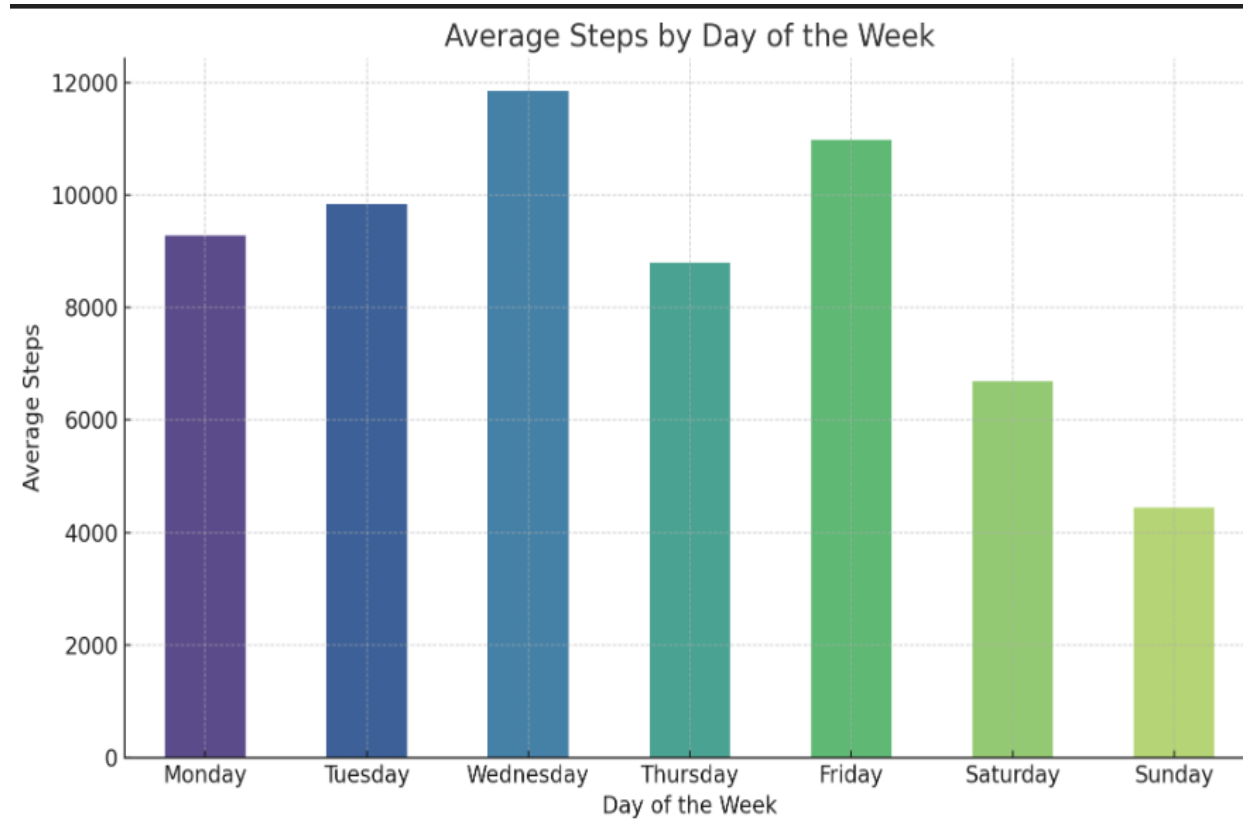
Weekend Patterns: More Flexibility and Exercise Variety

During weekends, I have more freedom in planning my activities, and I focus on walks or more intensive exercise sessions. My step count averages around 7,500 steps on weekends, allowing for a good balance between staying active and resting. This mix of weekday walking due to college and more flexible weekend workouts keeps my activity levels consistent.

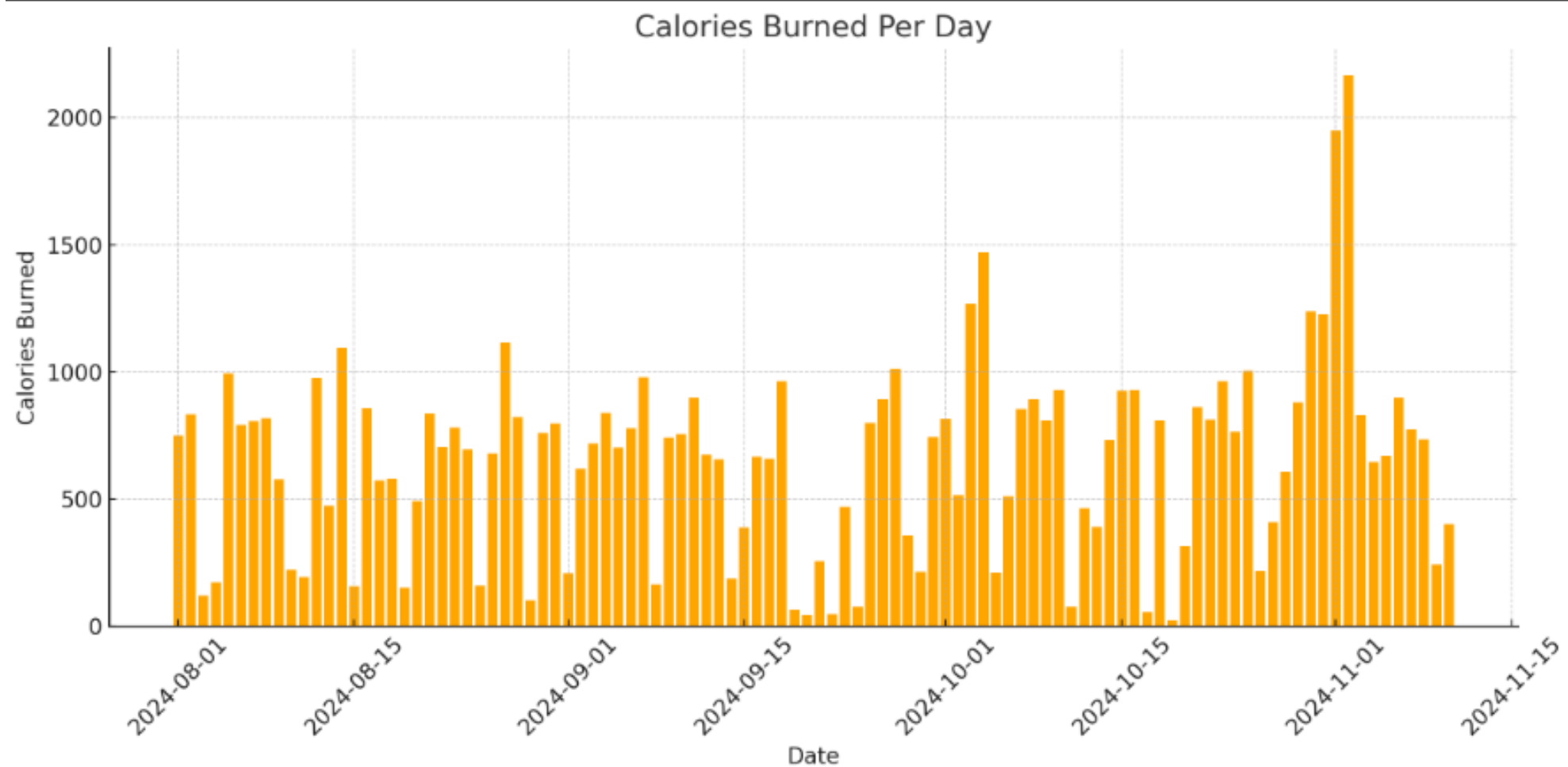
Inferences drawn



Inferences drawn



Inferences drawn



Inferences drawn



Reflecting on my data, I've found that my college schedule has a substantial impact on my physical activity, especially mid-week. The data shows that weekdays, particularly Wednesdays with the most classes, naturally push me to be more active. Weekend flexibility lets me focus on exercise, adding variety and balance to my routine.

These insights show that integrating small goals, such as aiming to increase my daily step count, is manageable within my current schedule. This structured, data-driven approach has helped me stay on track and gradually improve my activity levels without disrupting my daily routine.



 **Thank You!**
