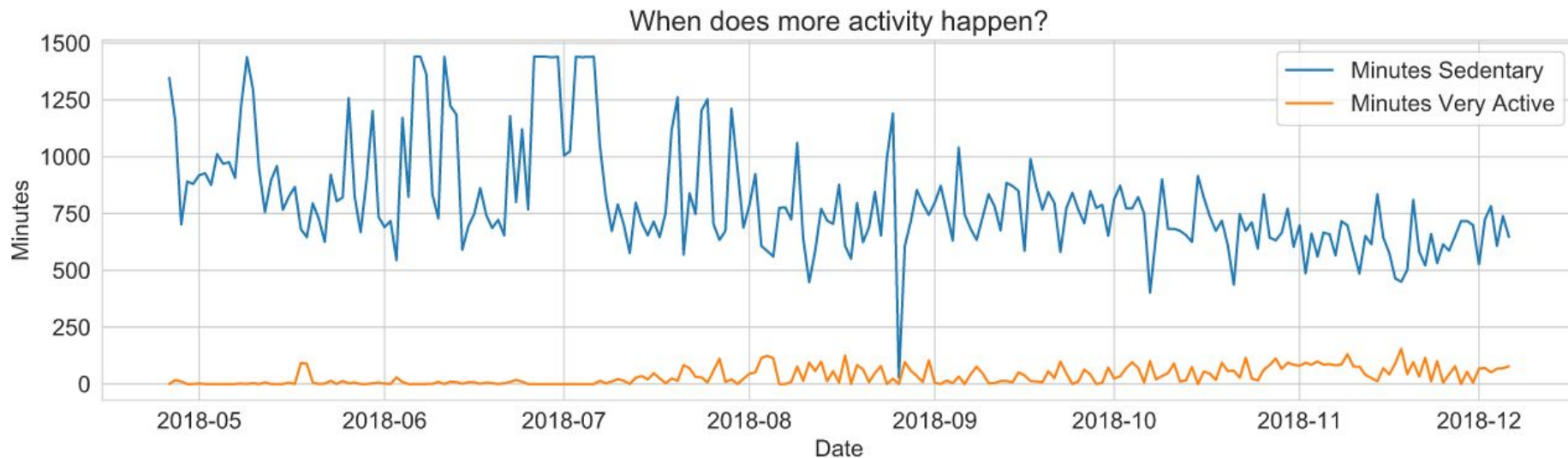


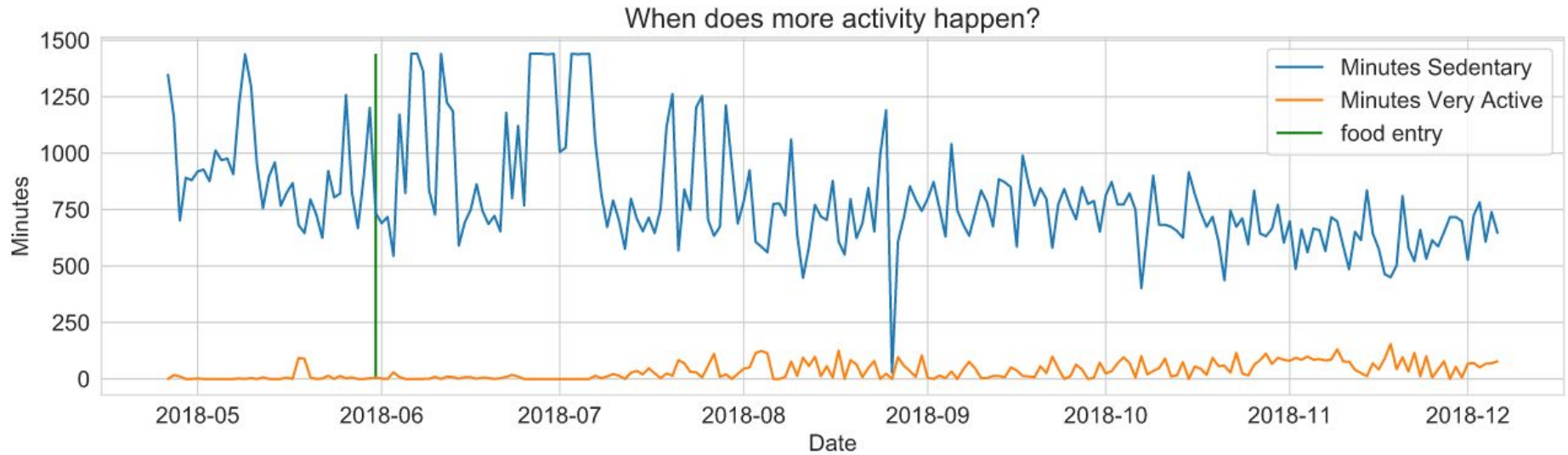
# Big Research Co, Fitbit Project

Sara Pena

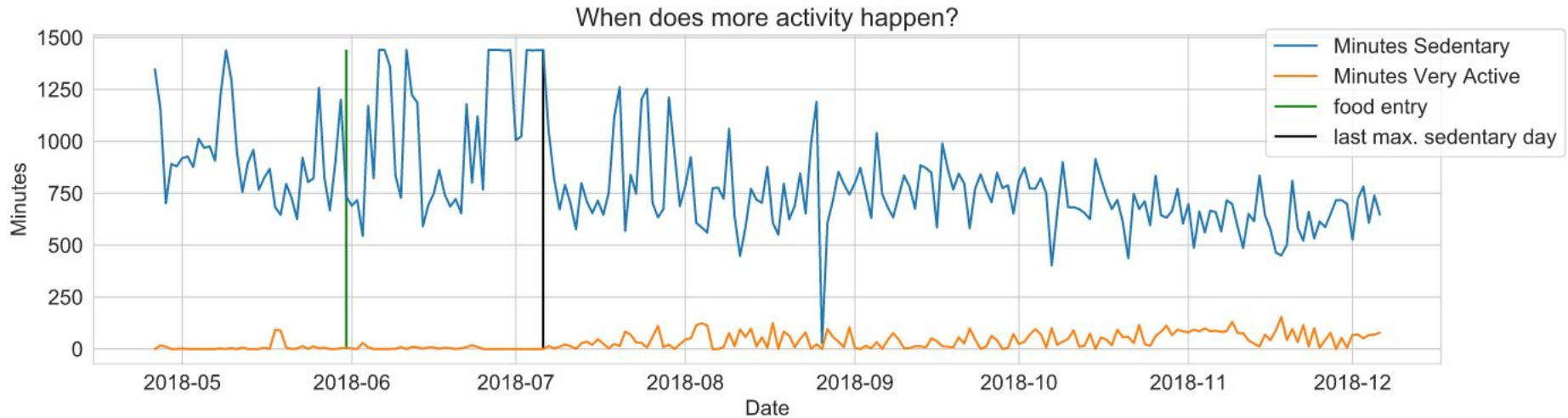
# Fitbit Activity Analysis



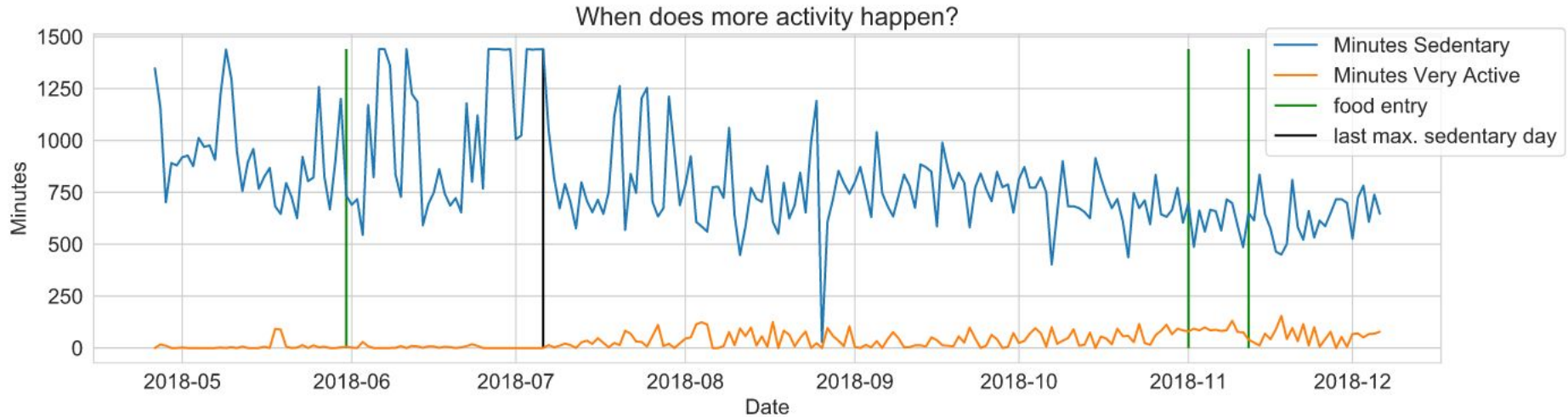
# Fitbit Activity Analysis



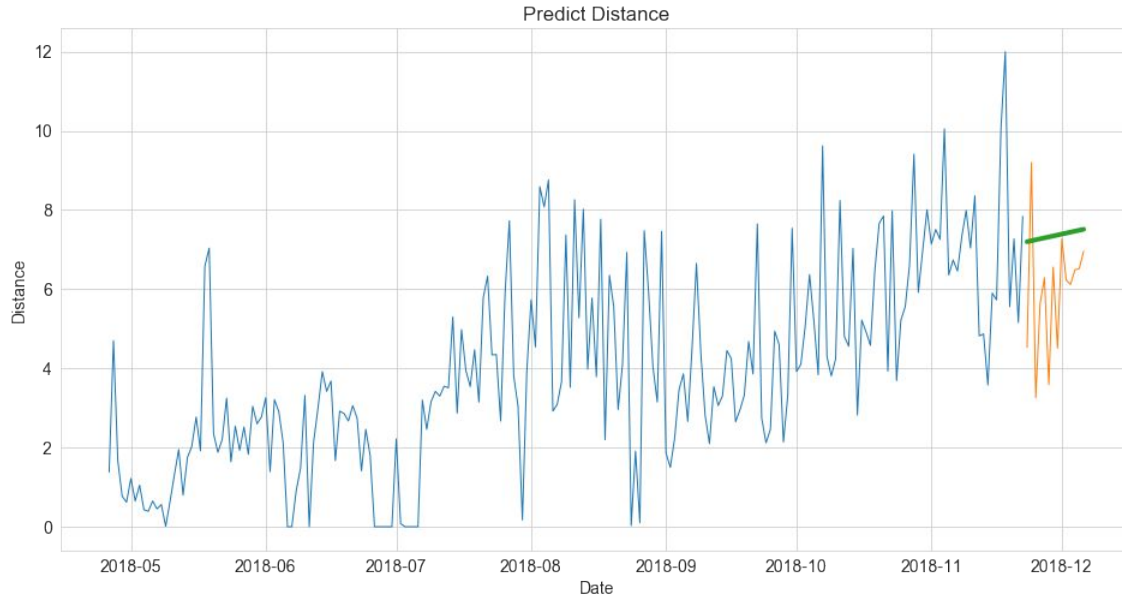
# Fitbit Activity Analysis



# Fitbit Activity Analysis



# Predictive Analysis



## Model Metrics

	min_rmse	model
variable		
Calories Burned	308.225013	holt exponential
Steps	2837.415708	holt linear
Distance	1.501876	holt linear
Floors	31.229662	fbprophet
Minutes Sedentary	77.308665	holt exponential
Minutes Lightly Active	33.256459	holt linear
Minutes Fairly Active	9.545006	holt linear
Minutes Very Active	30.821317	holt linear
Activity Calories	329.643653	holt linear

Conclusions: The fitbit owner has become more active in the past six months. If the owner is participating in any of the health improvement experiments then their exercise is showing good progress in consistently staying more active. If the fitbit owner keeps up his rate of activity we will be able to create a good predictive model based off of their exercise metrics using holt models.