### **Documentation**

**Introduction**

This project focuses on analyzing and visualizing health and activity data using Google Sheets. The goal is to create a clear and interactive dashboard based on clean and standardized data using pivot tables.

**Project Background**

The dataset provides information about individuals' health and activity levels, including sleep duration, physical activity, stress levels, and BMI categories. Before analysis, the data required thorough cleaning and preparation to ensure accuracy and reliability.

**Approach and Tools**

* Removed duplicate records.
* Standardized and cleaned columns with inconsistencies.
* Transformed data formats for better usability.
* Built a dashboard using pivot tables and visualizations to display insights.

**Data Quality Assessment**

* Removed all duplicates based on all columns except Person ID, resulting in 132 unique rows.
* Converted the column "Sleep Duration" from date format to numeric values representing hours of sleep.
* Replaced inconsistent values ("Normal Weight") with "Normal" for standardization in the column "BMI Category."
* Highlighted good sleep values in green and poor ones in red.
* Highlighted high stress levels in red and low stress levels in green.

**Visualizations and Insights**

* Engineers, doctors, and software engineers have the highest sleep quality, while sales representatives and creative professionals have the lowest.
* Accountants, lawyers, and engineers show the highest sleep efficiency, while sales representatives and scientists show the lowest.
* Health scores and sleep efficiency improve with age, with the 51-60 age group having the highest values.
* Higher stress levels are associated with lower daily activity and shorter sleep duration.
* Nurses and doctors have the highest incidence of sleep disorders, while engineers and accountants have the lowest.

**Key Insights**

* Impact of Age on Health and Sleep: Health scores and sleep efficiency improve as people age, with the 51-60 age group showing the best results.
* Relationship Between Stress and Sleep Duration: Higher stress levels lead to lower sleep duration and reduced daily activity.
* Differences in Sleep Quality by Occupation: Engineers, doctors, and software engineers have better sleep quality compared to sales representatives and creative professionals.