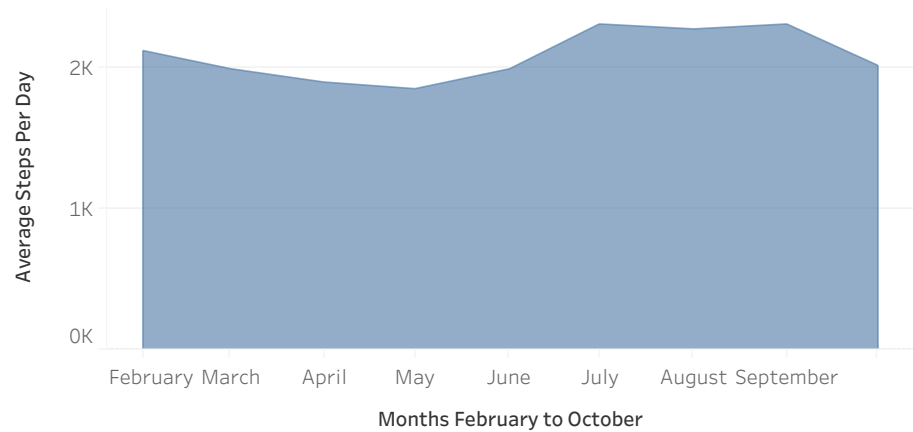## Introduction..

This project uses the various data points that my Apple Watch automatically creates as I wear it. I took this data and used the Pandas library for Python to format it in a way that would be easy to use. I then took it into Tableau Public and explored the various ways it could be displayed.

These three charts show how many calories I burned on average per day on average with each chart showing the monthly, weekly, and daily averages. You can see that in the winter, when I was going to school every day and moving from class to class, saw me burn more calories than I did in the spring where I stayed inside almost every day and sat at my desk. The summer is a lot different with some days being very high with some still remaining fairly low and the average even surpassing pre-quarantine. This was due to me going outside more often and exercising such as playing tennis.
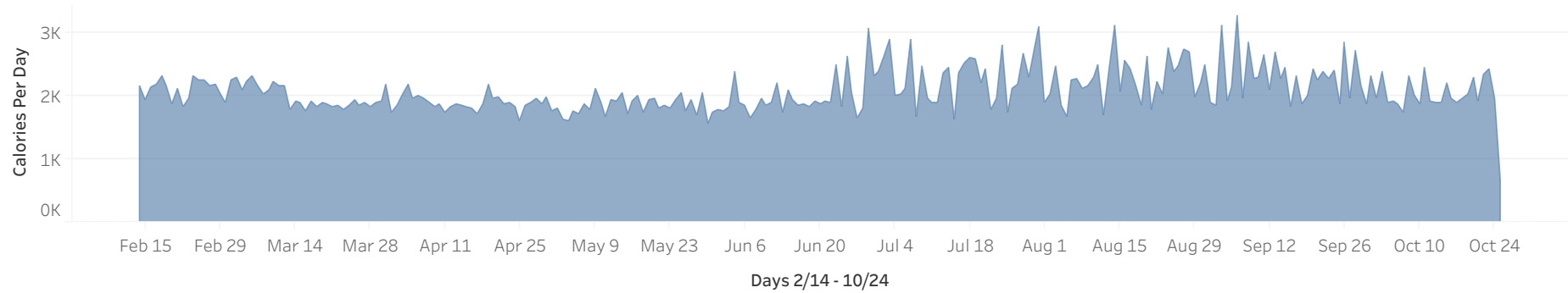
Calories Monthly Average

Months February to October

## Calories Weekly Avg

Weeks 2/9 - 10/18

## Calories Daily

Days 2/14 - 10/24
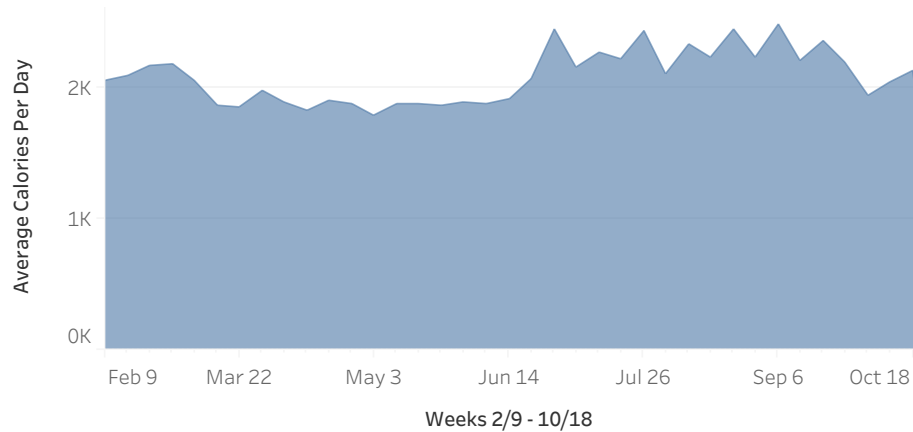
These charts show how many steps I averaged per day with the monthly and weekly charts being overlaid on my average caloric use. On average during pre-quarantine you can see that my stepcount was higher than any other time while my average calorie expendature was the largest during the summer. It is also very evident how little I left the house during the spring. You can also see that during the summer my stepcount average varied from week to week. This was mostly due to the fact that my family went on overnight hiking trips roughly every other week...
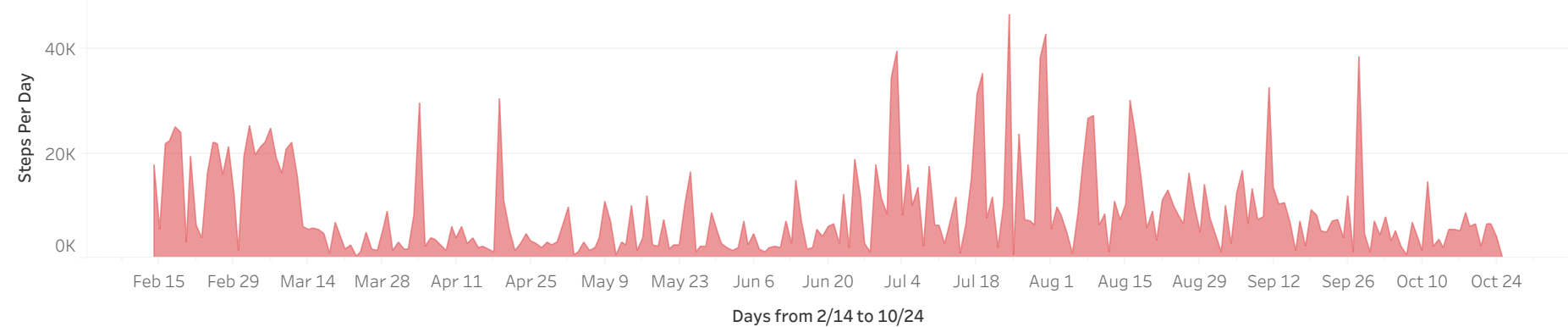
Stepcount Monthly Average
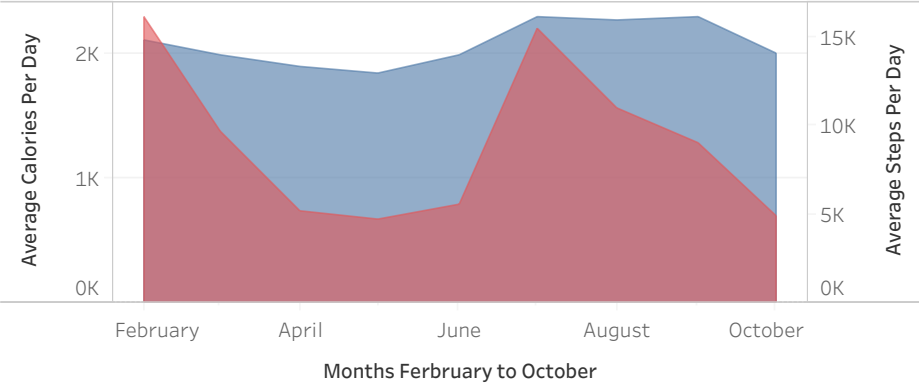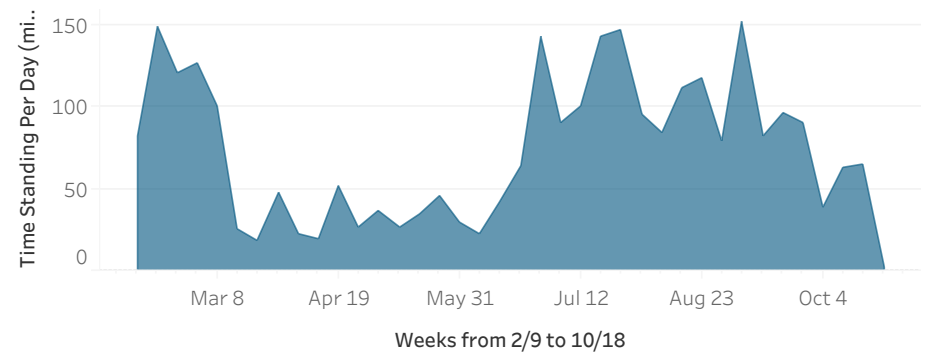

Stepcount Weekly Average
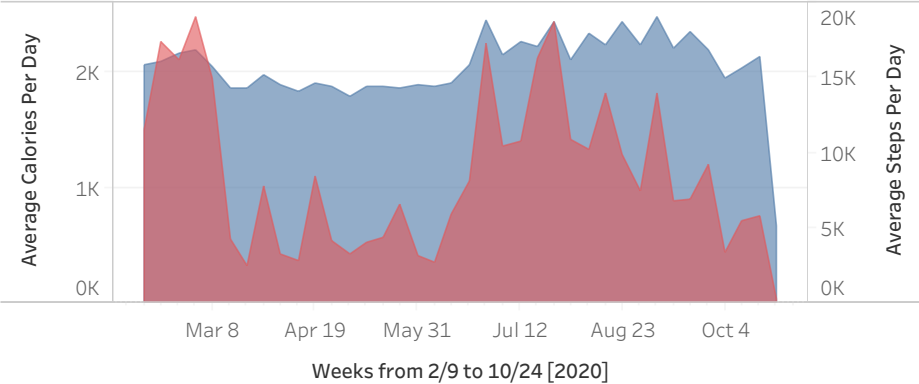
Stepcount Daily

These are the weekly averages for three other statistics. The Walk/Run distance is very similar to the stepcount, but measures it in distance, rather than steps which helps show really how much I was moving in a more quantifiable way. The stand time shows in minutes how often I was standing every day. You can see that it also has a pretty strong correlation with how much I was walking every day. The exercise time shows how much time I spent exercising based on my heartrate. One large difference between this and the stepcount is that it shows that my movement in the winter wasnt particularly strenuous, as I was mostly just walking around, leading to not too huge of a drop in the spring. In the summer you can see this jump up as I spent a lot more time actively exercising.

Walk/Run Distance Weekly Average
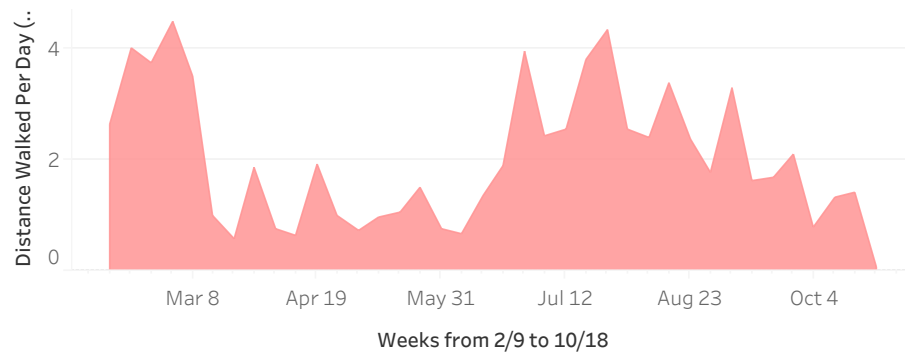
Stand Time Weekly Average

Exercise Time Weekly Average