

**PROJECT - 1**  
**APPLICATION IN REAL LIFE SCENARIO CASE STUDY / PPT**

# How I use Data Analytics in my life

---

Yash Rajput  
Yashrajput9232@gmail.com  
9175034021



# Points of Discussion

These are the broad topics this presentation will cover.

---

01 Use

02 Timeline

03 Improvement

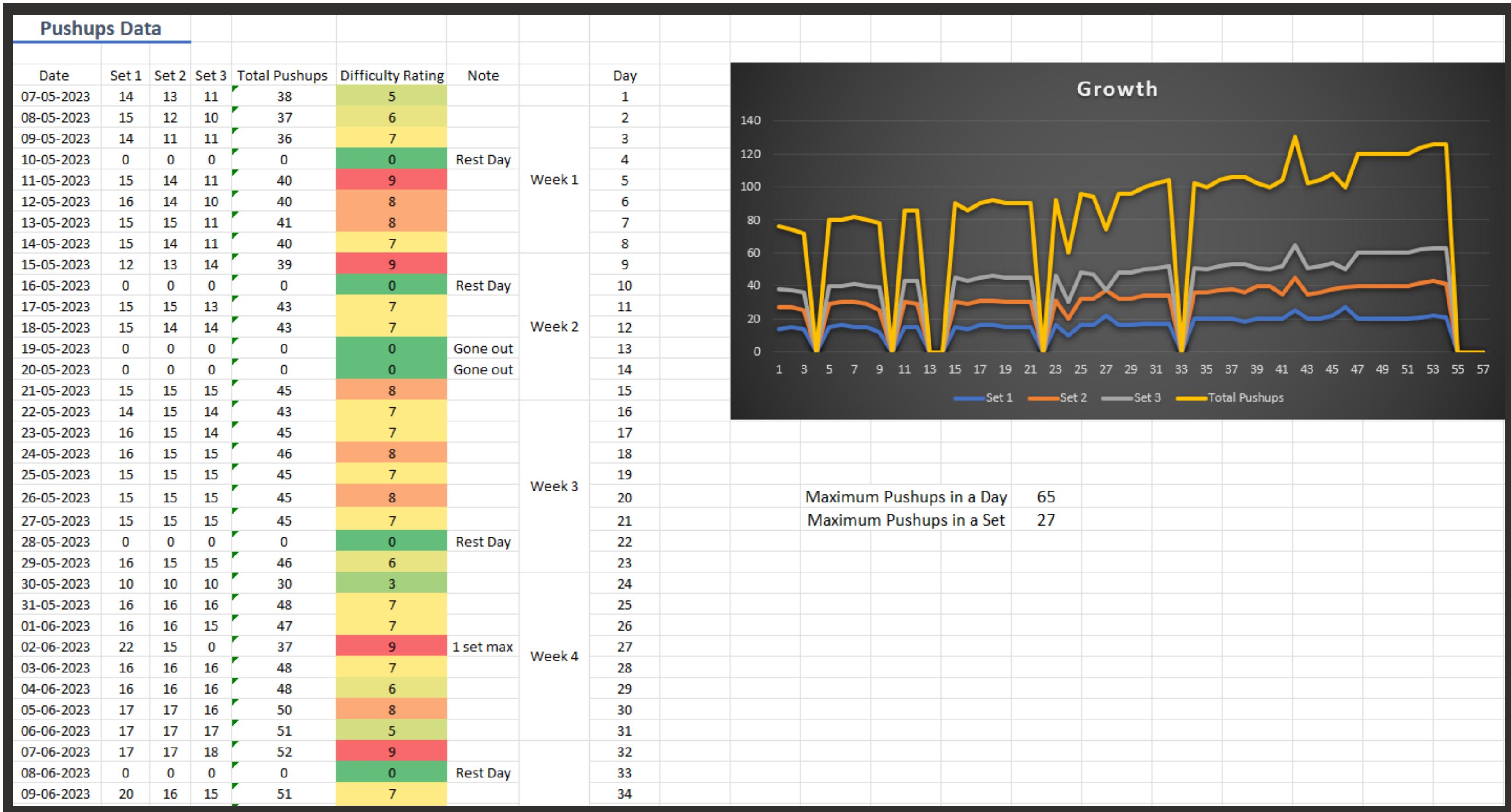
04 Tentative Target

# Push ups Growth

I have been tracking my reps and sets on MS Excel and use Data Analysis to see my growth and plan next targets



# Timeline

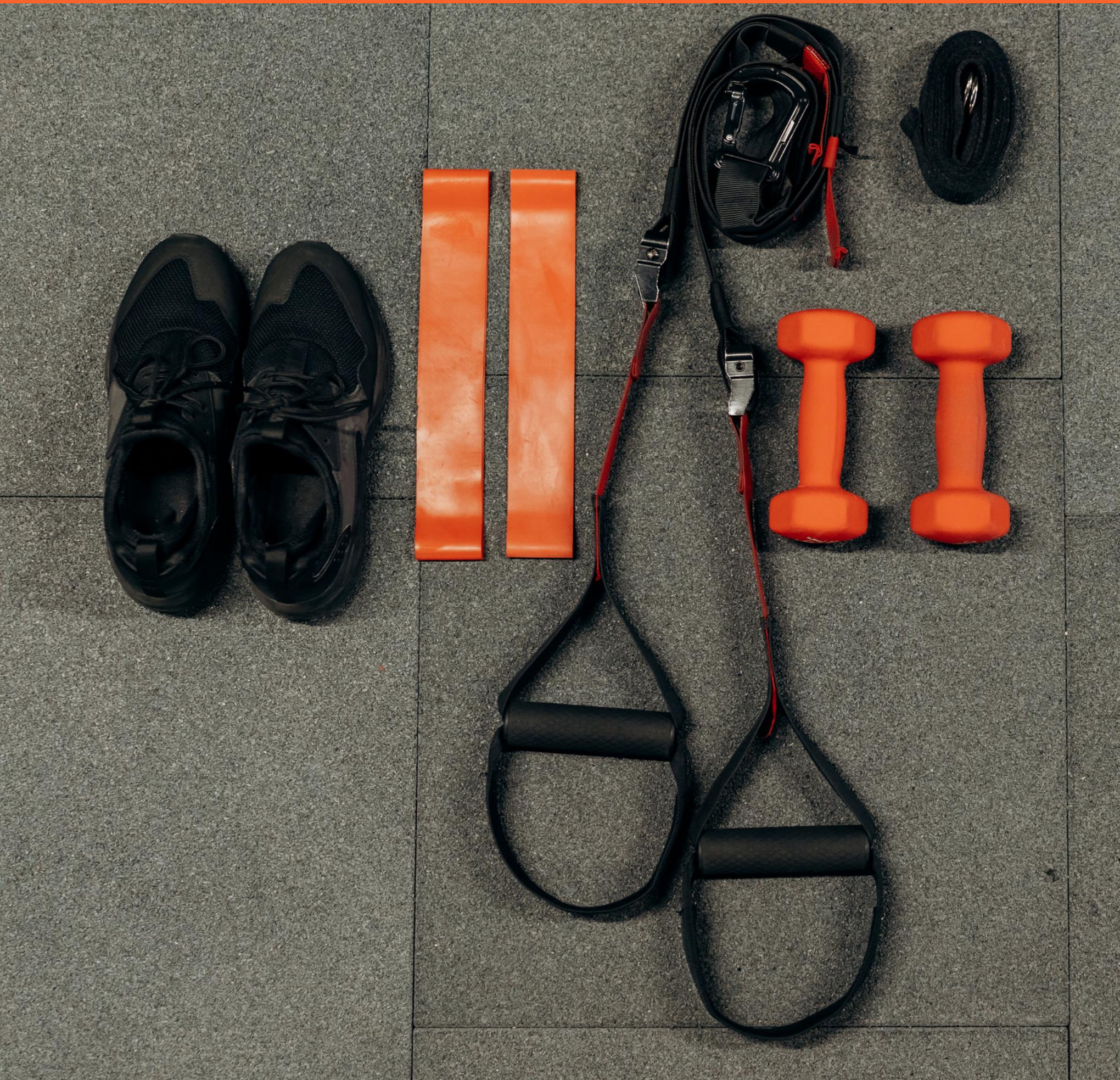


# Timeline



## Week

- 01 37 pushups to 40 pushups
- 02 39 pushups to 43 pushups
- 03 43 pushups to 46 pushups
- 04 48 pushups to 51 pushups
- 05 51 pushups to 52 pushups
- 06 52 pushups to 58 pushups
- 07 58 pushups to 63 pushups
- 08 Aim to cross 68



# Current Progress

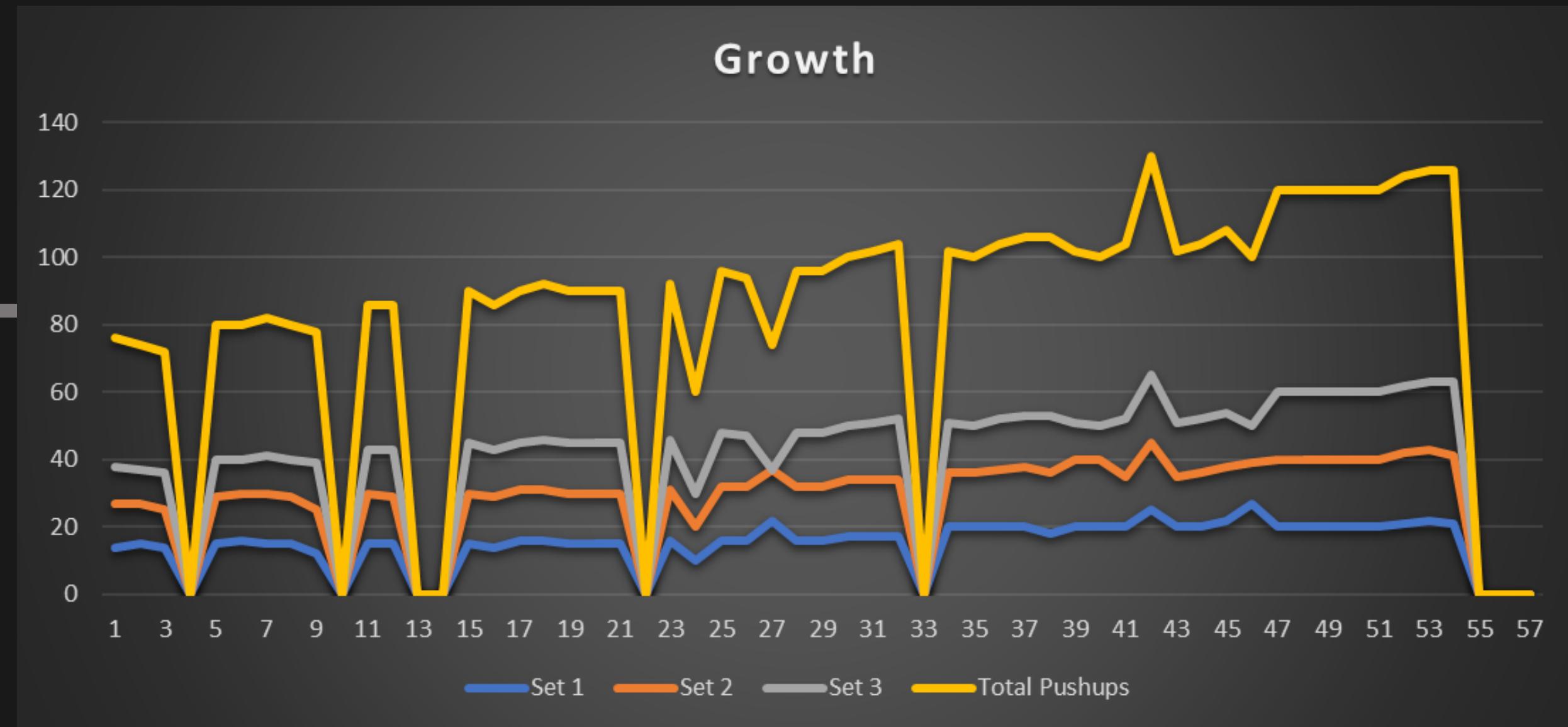
---

After Starting on 7 May after  
55 Days I am able to increase  
my pushups by 25 extra reps

# Growth

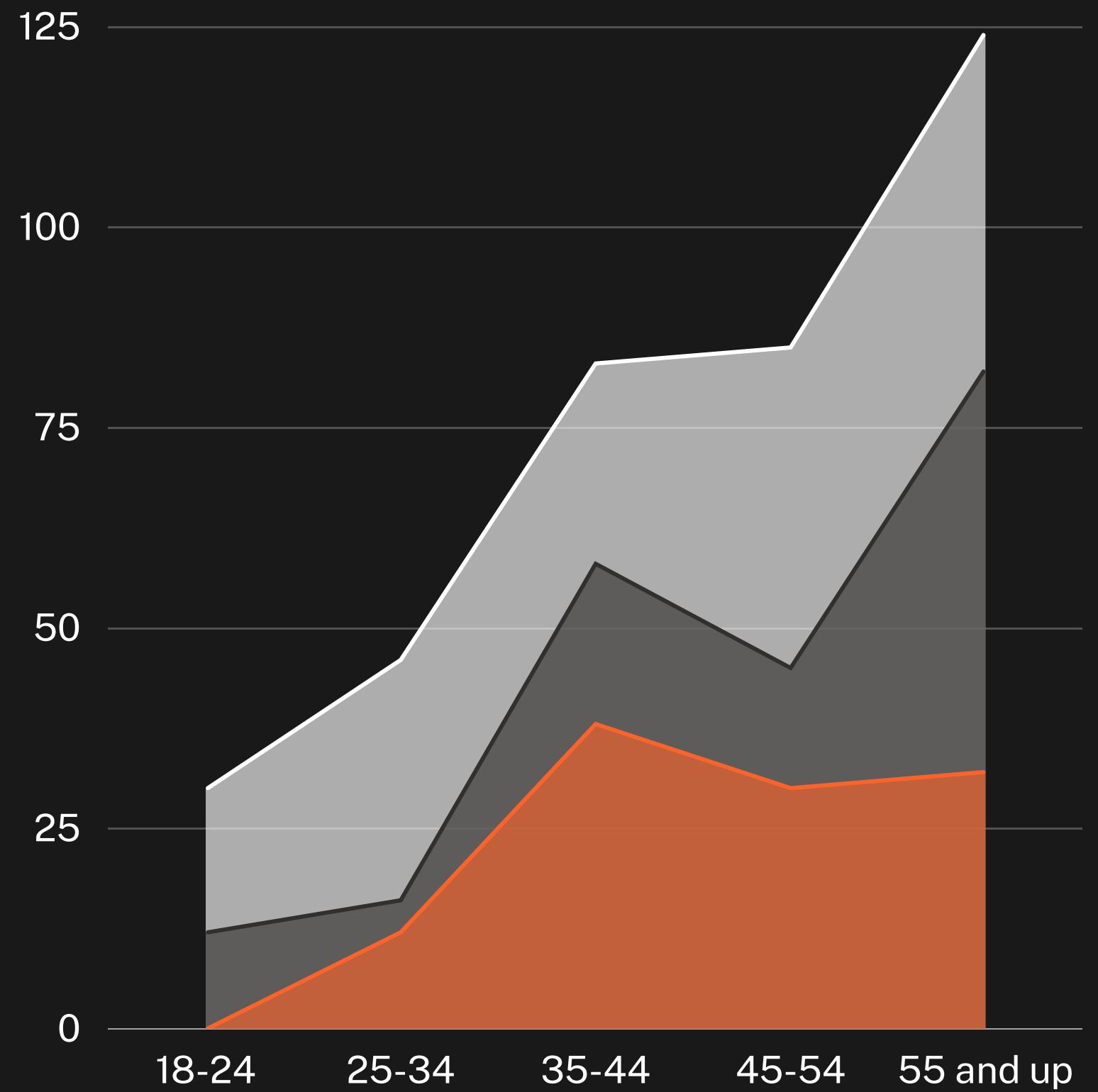
---

It has been seen that I am able to increase 3-4 reps in every 7 days



# Target

In more 7 weeks Total pushups would cross 100 and 1 Set Max would cross 40





# Thank you!

---

By Yash Rajput