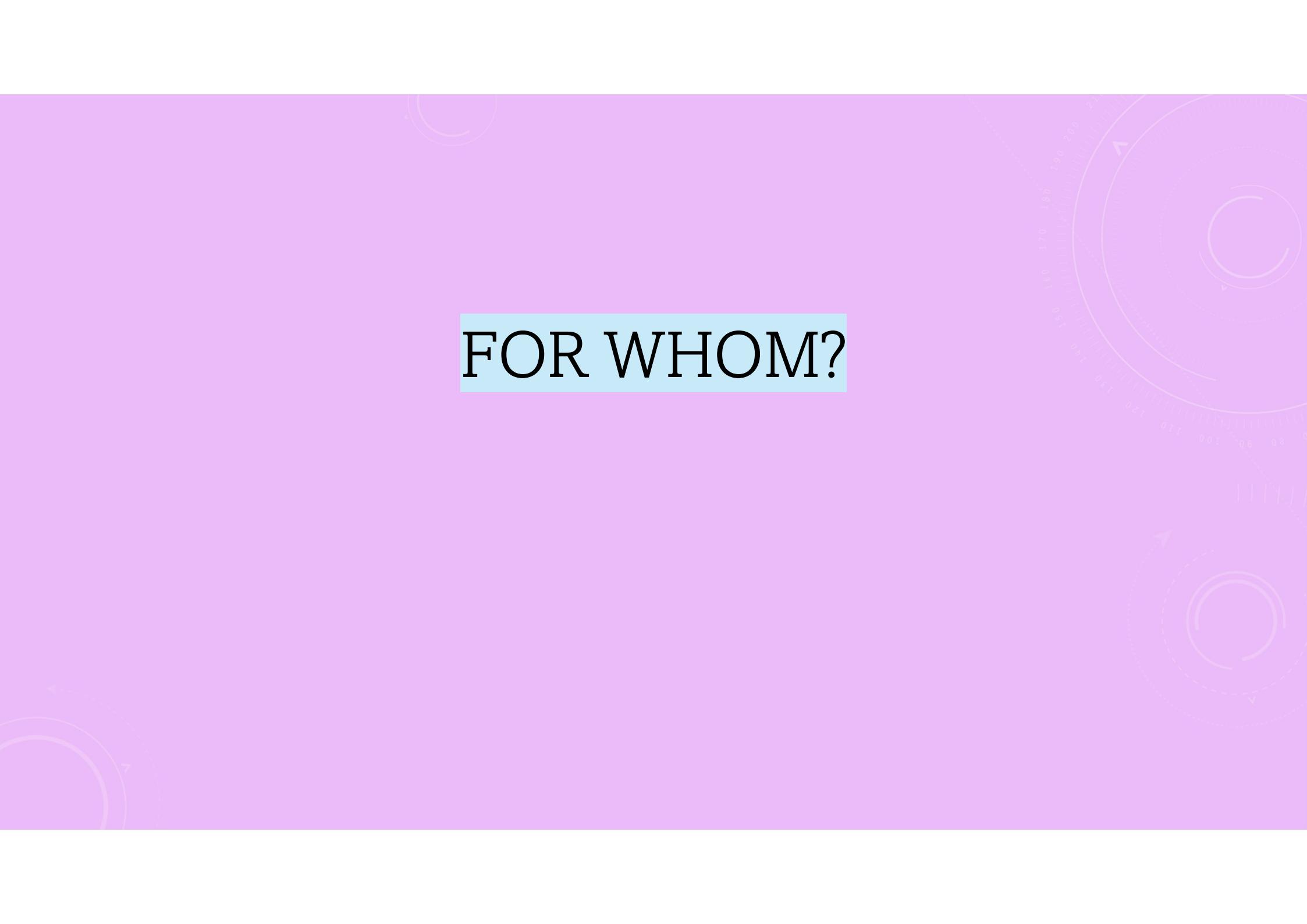# DAILY STEP COUNT DASBOARD

ALEXANDRA PERRUCHOT

WHAT DOES THE PROJECT VISUALIZE?

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An interactive dashboard tracking daily step counts over 100 days.

FOR WHOM?

FOR WHOM?

- Individuals tracking fitness goals.

- People trying to establish consistent walking habits.

- Anyone wanting to understand their activity patterns.

WHY?

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- Self-awareness.

- Motivation.

- To make decisions.

- Discover patterns.

DASHBOARD OVERVIEW

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❑ **8 KPIs**

Track averages, streaks, best locations and temperatures.

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Visual calendar with color-based daily performance.

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Bubble chart showing steps over time with temperature.

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Track averages, streaks, best locations and temperatures.

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Visual calendar with color-based daily performance.

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Bubble chart showing steps over time with temperature.

❑ **3 Bar Charts**
Compare activity patterns by day, location and temperature.

WHY THESE VISUALIZATIONS ?

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Monthly calendar

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Encoding: *Circle size* = # steps; *Color* = goal achievement.

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Bar Charts

Why: analysis. Which factors (day, location, temperature) drive activity?.

Encoding: *Bar height* = avg. # steps; *Color* = goal achievement.

KEY INSIGHTS FROM 100 DAYS

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MOST ACTIVE DAY

SATURDAY

KEY INSIGHTS FROM 100 DAYS

MOST ACTIVE DAY   **MOST ACTIVE LOCATION**

SATURDAY   LA PALMA

KEY INSIGHTS FROM 100 DAYS

MOST ACTIVE DAY   **MOST ACTIVE LOCATION**   **MOST ACTIVE TEMP**

SATURDAY   LA PALMA   10-15ºC

KEY INSIGHTS FROM 100 DAYS

MOST ACTIVE DAY   **MOST ACTIVE LOCATION**   **MOST ACTIVE TEMP**

SATURDAY   LA PALMA   10-15ºC

LEAST ACTIVE DAY

WEDNESDAY

KEY INSIGHTS FROM 100 DAYS

MOST ACTIVE DAY   **MOST ACTIVE LOCATION**   **MOST ACTIVE TEMP**

SATURDAY   LA PALMA   10-15ºC

LEAST ACTIVE DAY   **LEAST ACTIVE LOCATION**

WEDNESDAY   TENERIFE

KEY INSIGHTS FROM 100 DAYS

MOST ACTIVE DAY   **MOST ACTIVE LOCATION**   **MOST ACTIVE TEMP**

SATURDAY   LA PALMA   10-15ºC

LEAST ACTIVE DAY   **LEAST ACTIVE LOCATION**   **LEAST ACTIVE TEMP**

WEDNESDAY   TENERIFE   30-35ºC

LIMITATIONS

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- **100-day period only → limited to long-term trends.**

- **No activity type data → cannot distinguish walking vs running.**

- **Only tracks steps, not pace, intensity...**

- **Manual data entry → recording errors.**

DASHBOARD OVERVIEW

https://daily-step-count-dashboard-mpnq58patoarpqpahpmpen.streamlit.app/

THANK YOU!