

Problem Statement:

The goal of this Program to analyze the smart health tracker device and Extracting the useful out put through Data cleaning and Data mining. We will get relationship between Calories burned by user each day, what part of very active minutes out of Total active minutes in a day, and correlation between calories and steps etc.

Questions:

- Calories uses by users in a Day with respect to Total active Minutes and Total Steps.
- Percentage of Users are actively involved in Fitness activities.

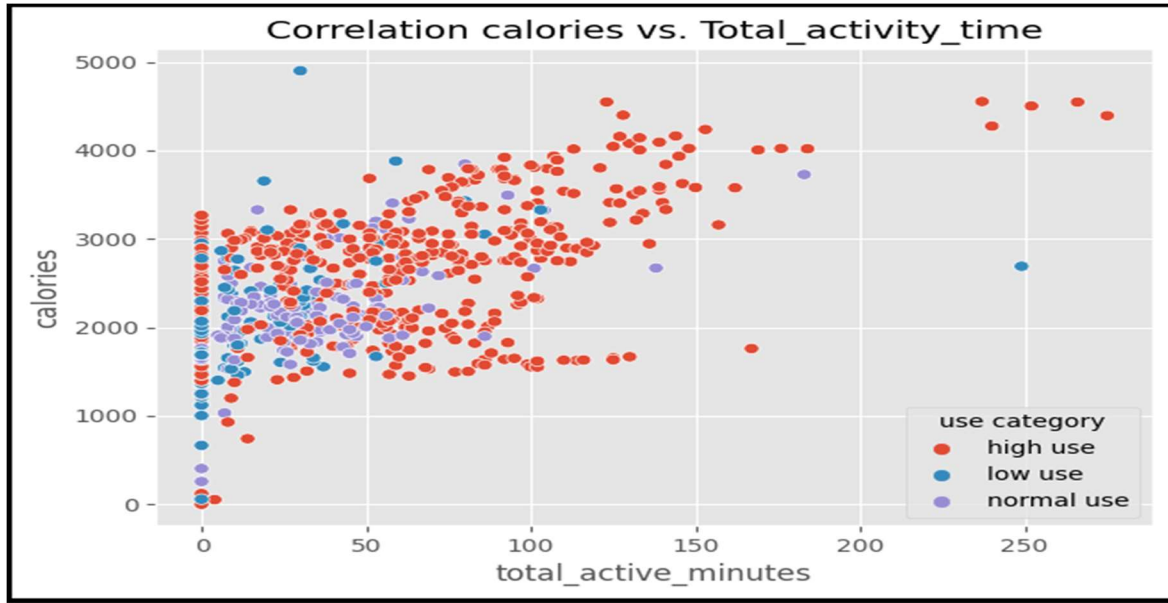
Uses:

- Researchers,
- Doctors,
- Health related companies,
- Fitness related companies and
- we will also use the “Sedentary_active_minutes” of user as Giving them some Entertainment content related advertisements.

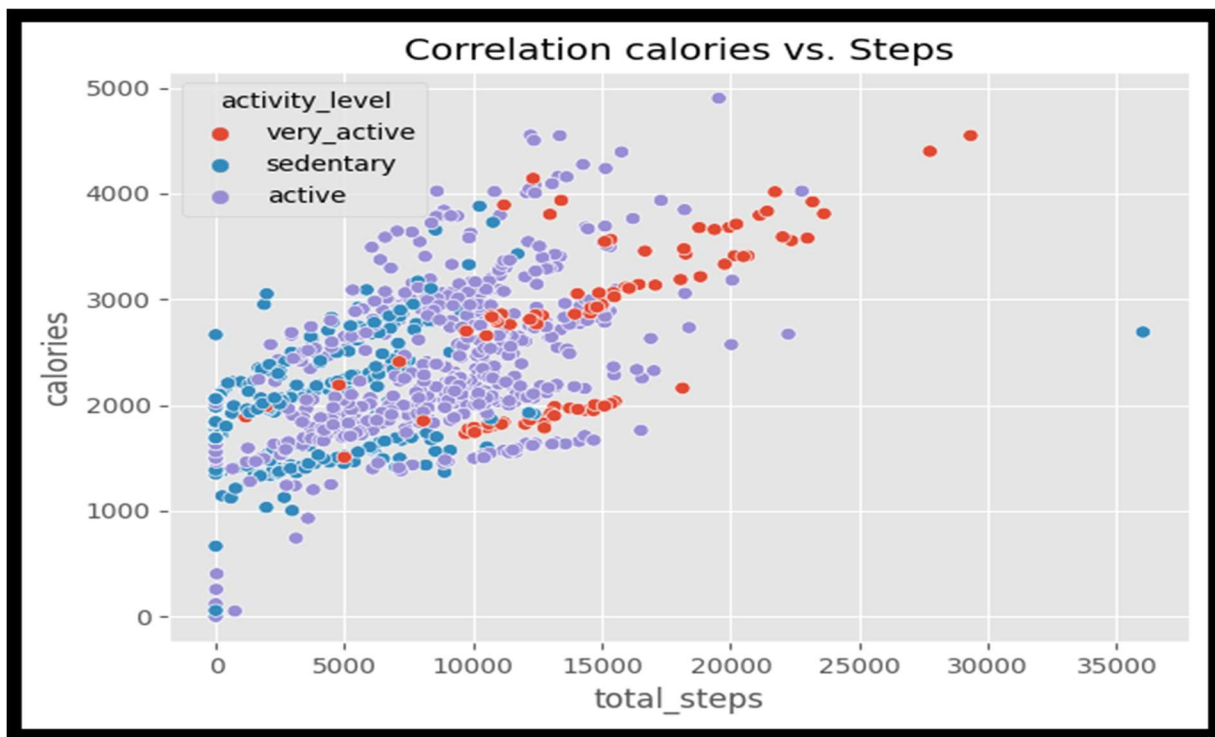
Output: By analysing the activity of a particular set of costumers (that gave consent to share their activity’s data), we can see what type of features are mostly used or impact the healthy lifestyle the most for those costumers. With this DATA ANALYSIS we will give some important information to Health and Fitness related companies who will use this data to Recommend their products.

Solutions:

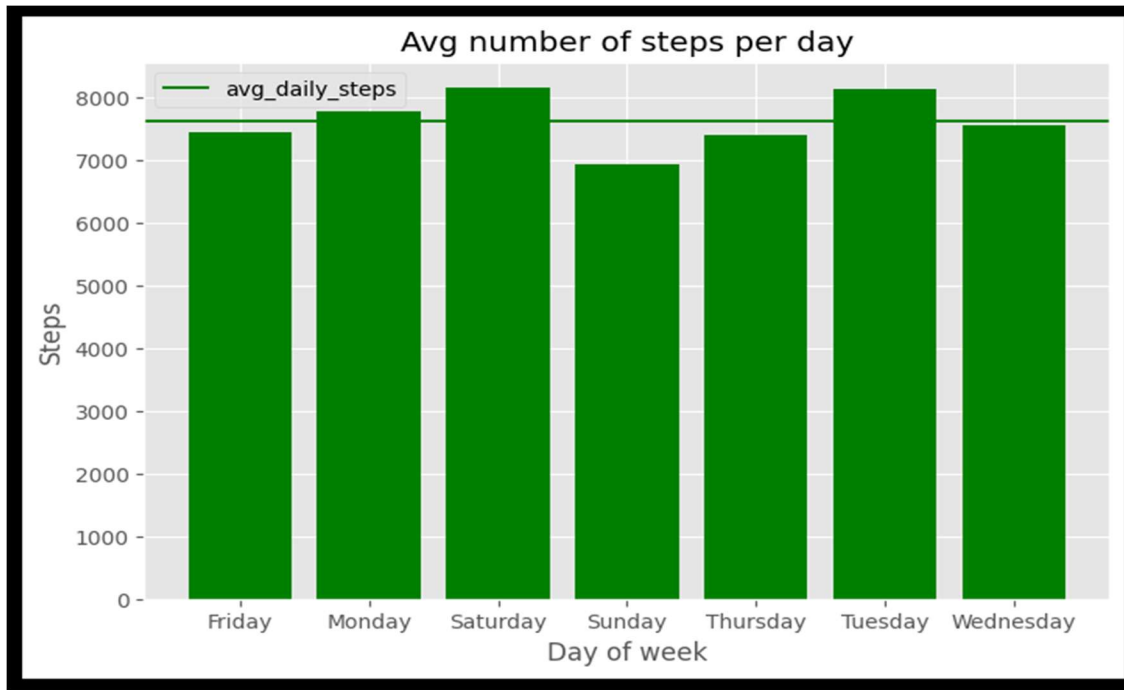
- Here Total active minutes include only very and fairly active minutes are taken.
- With the increase in Total active time calories burned also increases.
- only 5 users are active more than 200 minutes of very and fairly active minutes.



- After 15000 steps very few user are of sedentary and active.
- Majority of users are under 15000 steps and burned under 3000 calories



- Monday, Tuesday and Saturday, people are used to burned more calories and Sunday is the day where users average steps a day is less than 7000.



- More than 80% of the time users are either doing long hours sitting jobs or they are Lazy enough
- Here Sleeping time is also considered so that will also counted in Sedentary Time.

