

Google Data Analytics Certificate Capstone (Bellabeat Case Study)

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```
# Set default options for code chunks
knitr::opts_chunk$set(
  echo = FALSE,
  include = FALSE, # Do not display R code and its output
  comment = NA,      # Suppress code comments in output
  warning = FALSE,    # Suppress warning messages
  fig.align = 'center', # Align figures in the center
  eval = TRUE         # Evaluate R code
)
```

Let us clean:

- Change column names to lower case because R is case sensitive.
- Change “Id” from double to a character because the number represents a category.
- Change “ActivityDate” from char to date.

heading 1

Heading 2

References

Guidelines and research articles

- 1. Handling sedentary time: [A Comparison of Sedentary Behavior as Measured by the Fitbit and ActivPAL in College Students](#)
- 2. Danger of prolong sitting(sedentary time): [Association of daily sitting time and leisure-time physical activity with body fat among U.S. adults. Journal of Sport and Health Science](#)
- 3. [Dietary Guidelines for Americans, 2020-2025](#)
- 4. [Physical Activity Guidelines for Americans \(2nd ed.\)](#)

Links

- [Projects Datasets:](#)
- [EDA guide](#)
- Metadata: [Fitbit data dictionary](#)
- [Plotting histograms with ggplot2](#)
- [Histograms article](#)
- [Error bars vs CI](#)

- [Add density line to histogram](#)
- [Categorical, ordinal, interval, variables](#)

Appendix: Interesting sites for further investigation

- [Adult Physical Inactivity Prevalence Maps by Race/Ethnicity](#)
- [Physical activity among adults aged 18 and over : United States, 2020](#)

“Sleep time is not considered sedentary time, so it was removed to determine the waking day and to allow the proportion of the day spent sedentary to be calculated.” [\[Reference 1\]](#)