Personal Wellness Data Science Project

Project Overview

This repository contains the work for a month-long personal wellness tracking project. The project focuses on collecting and analyzing daily data on various wellness metrics, including sleep hours, water intake, steps walked, mood, and productivity. The goal is to uncover insights into personal health and well-being and to explore how daily habits impact mood and productivity.

Dataset

The dataset is a personal collection of daily wellness metrics tracked for the month of January 2024. It includes the following variables:

Date: The date of data recording.

Sleep Hours: Total hours of sleep each night.

Water Intake (Liters): Amount of water consumed per day.

Steps Walked: Number of steps taken each day.

Mood: A subjective rating of mood on a scale of 1-10.

Productivity: A subjective rating of daily productivity on a scale of 1-10.

A sample of the dataset can be found in the repository.

Exploratory Data Analysis (EDA)

The initial stage of analysis includes exploring the distribution of each variable, analyzing time-series trends, and examining relationships between variables using correlation analysis. A heatmap is provided to visualize these correlations.

Further Analysis

The project's next phase will involve more detailed statistical analysis, including regression models to predict mood or productivity based on other factors like sleep and steps walked. Machine learning techniques may also be applied for more complex predictions.

Insights and Conclusions

The final part of the project will focus on drawing insights from the analyses, discussing the implications of the findings, and suggesting areas for further research.

Repository Structure

Data: Folder containing the dataset.

Analysis: Jupyter notebooks or scripts with exploratory and statistical analyses.

Visualizations: Graphs and charts generated from the data.

Report: A detailed report of findings and methodology.

Usage

Instructions on how to run the analysis scripts or Jupyter notebooks can be added here.