Data Source

- Publicly available data was downloaded from two ZIP containers of CSV files from Zenodo.

- These datasets were generated by respondents to a distributed survey via Amazon Mechanical Turk between Mar 12th - April 12th 2016.

- Thirty eligible Fitbit users consented to the submission of personal tracker data, including minute-level output for physical activity, heart rate, and sleep monitoring.

Data Source

* Data is comprised of long-format CSV files. Glimpsing into each CSV file shows clean, reliable data with the same data columns and types in the "overview" sheets, allowing a painless merge.

* Weight and sleep activity data contained missing information but were merged as well to have a more complete data set.

* All files were loaded into RStudio, merged, and checked for readability, errors, missing data, NULLS, etc.