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.

Data Source

* Full report available, complete with code and detailed data validation and analysis process.