Ongoing Data Analysis on Self

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# Abstract

This project aims to determine whether several external factors correlated my energy and happiness levels. All metrics are broken down into meta-categories (generally divided by data type) and are indicated in this report as such. Analysis showed that, on the average, no external factors were a prominent predictor or correlator of my internal energy and happiness levels. There are two possible conclusion: 1) these measured factors happened to not be correlated or 2) my energy and happiness levels are stable / resilient to external stimuli. The strongest correlation, funnily, is the very mild correlation (r = 0.58) between my energy and happiness levels themselves.

# Report

## Time / General

## Binary

# Reflection

# Conclusion

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