

analyze_loseit_challenge_data

Analyze r/loseit Challenge Data¶

Now we can read in the already cleaned file. If you don't have the cleaned data, you will need to run Find and Clean Loseit Data and Inspect Loseit Data.

We begin by loading in the dataset and look at the counts.

Participant Stats¶

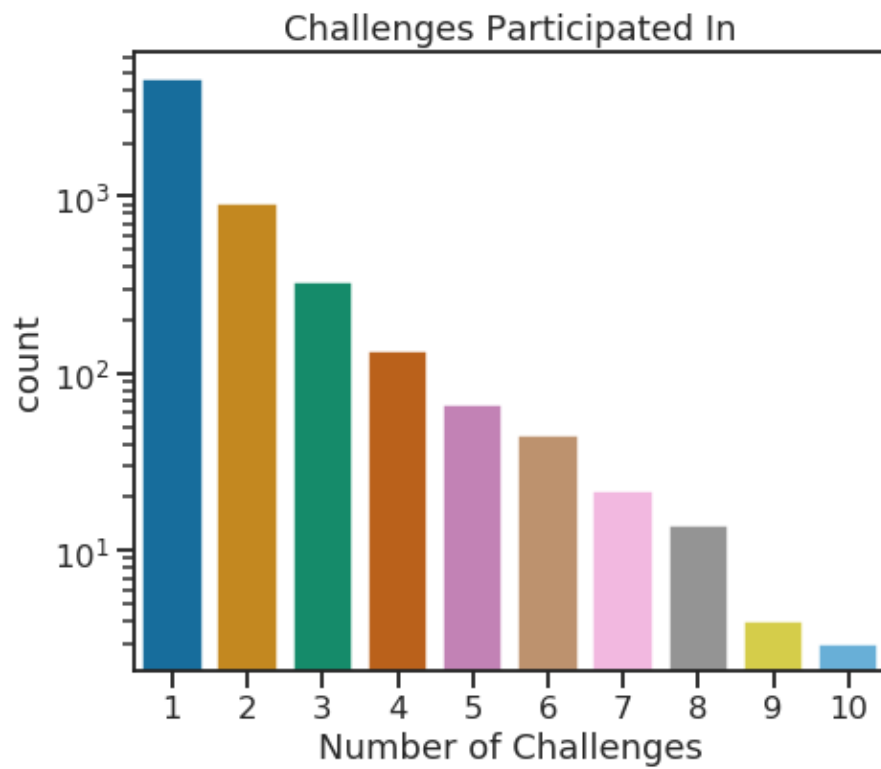
Username¶

From participating in a few different challenges, there are many people who have done multiple challenges. I want to begin by looking at how many have done more than one challenge, and who has participated in the most challenges.

multiple challenges: 1539 and single challenge: 4568

So we can see that there have been 1539 people who have participated in more than one challenge.

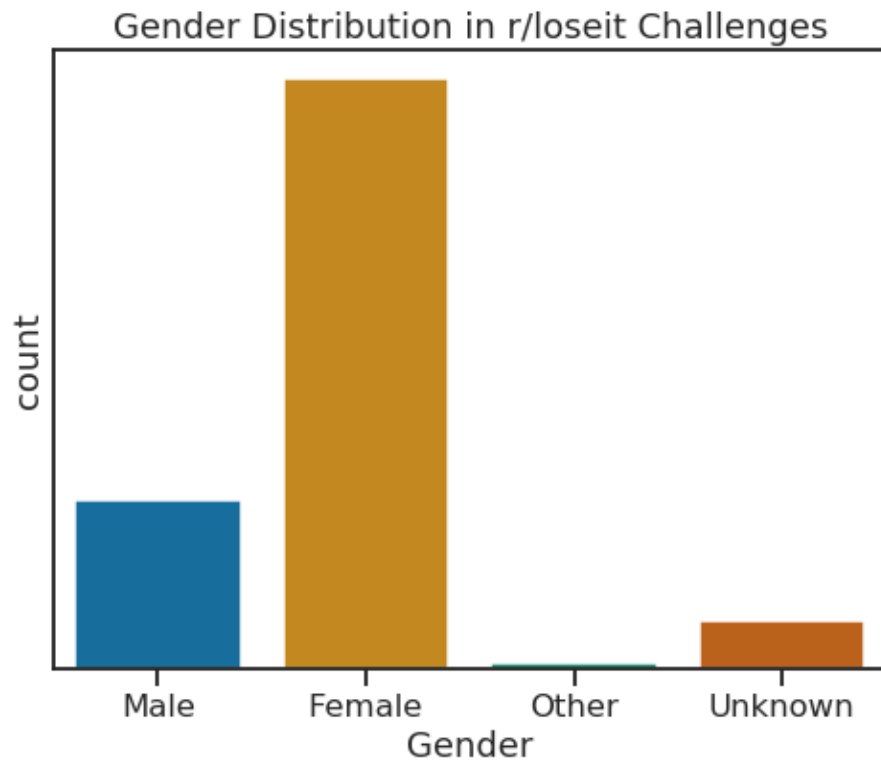
lovellama	10
axecutable	10
bugs_bunny01	10
blackanemones	9
mrbad-example	9
soylouisebrooks	9
kej9311	9
getmotivatednow	8
soahtree	8
figoak	8
unreuly	8
radiant_indignation	8
kmrbriscoe	8
thosethighstho	8
wendyp14	8



Comment about the number of challenges that people participate in.

Gender¶

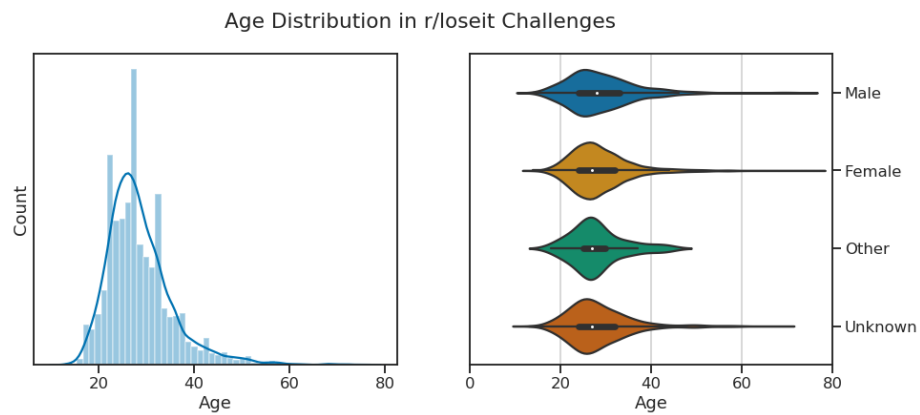
Let's start by looking at the gender distribution of r/loseit participants.



Males: 20.84% , Females: 72.39%, Other: 0.76%, Unknown: 6.02%

Looking at this plot it is pretty clear that loseit challenges have a very large gender imbalance. Around 71% of the participants in the challenges are women, 20% are male, 7% are unknown, and just under 1% of participants identify as other. Because there is such a large imbalance, for most of my analysis I will try and look at how the numbers vary between gender – if they do at all.

Age¶



most common: [(26.0, 706)], average: 28.7, youngest: 13.0, oldest: 76.0

Looking at the age distributions, we find that there is a large peak at the most common age 26. The oldest participant is 76 and the youngest has been 13. Looking the distributions seperated by gender, we see that there us not a huge difference between them.

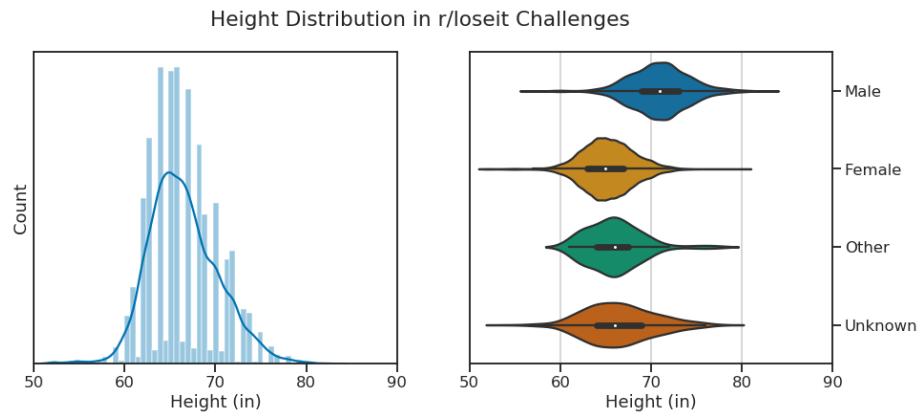
One thing of note, is that there are many people who have done multiple challenes. These results might change slightly if we were only look at the distributions for unique usernames.

most common: [(26.0, 475)], average: 28.4, youngest: 13.0, oldest: 76.0

So we find that even with removing duplicate usernames, the most common age of particants is still 26.

Height¶

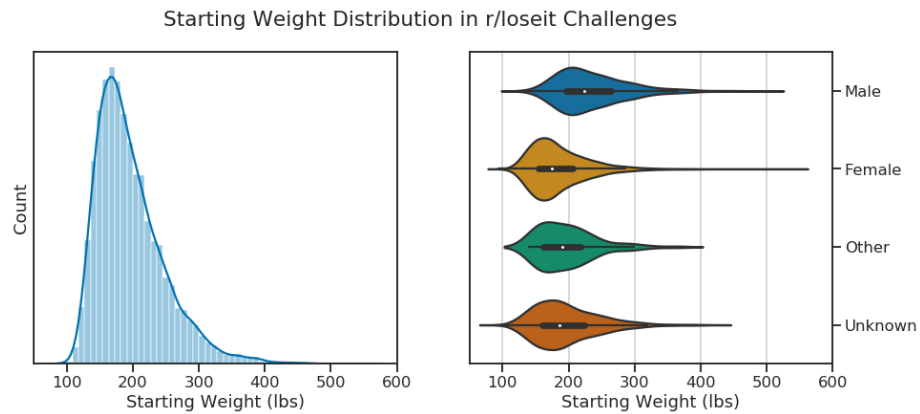
The next piece of information that I want to look at is the height distribution.



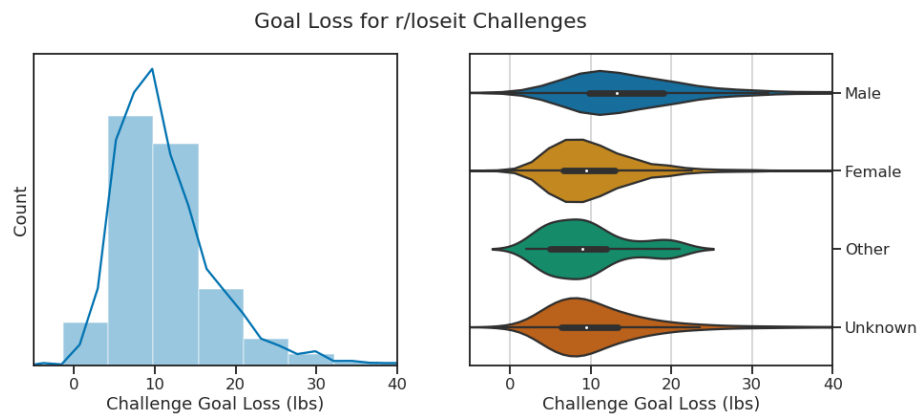
average: 66.5 in, shortest: 52.0 in, tallest: 82.6 in

Weight Lost¶

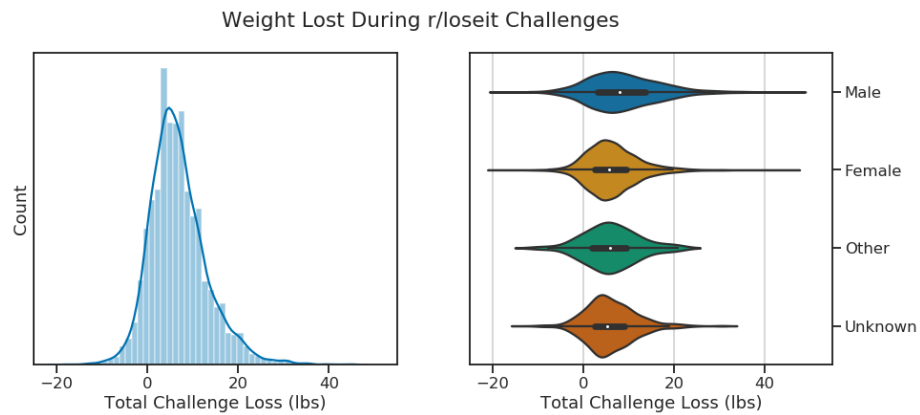
Finally we will look at the weight lost during the challenges and how that compares to the goals that people set for themselves.



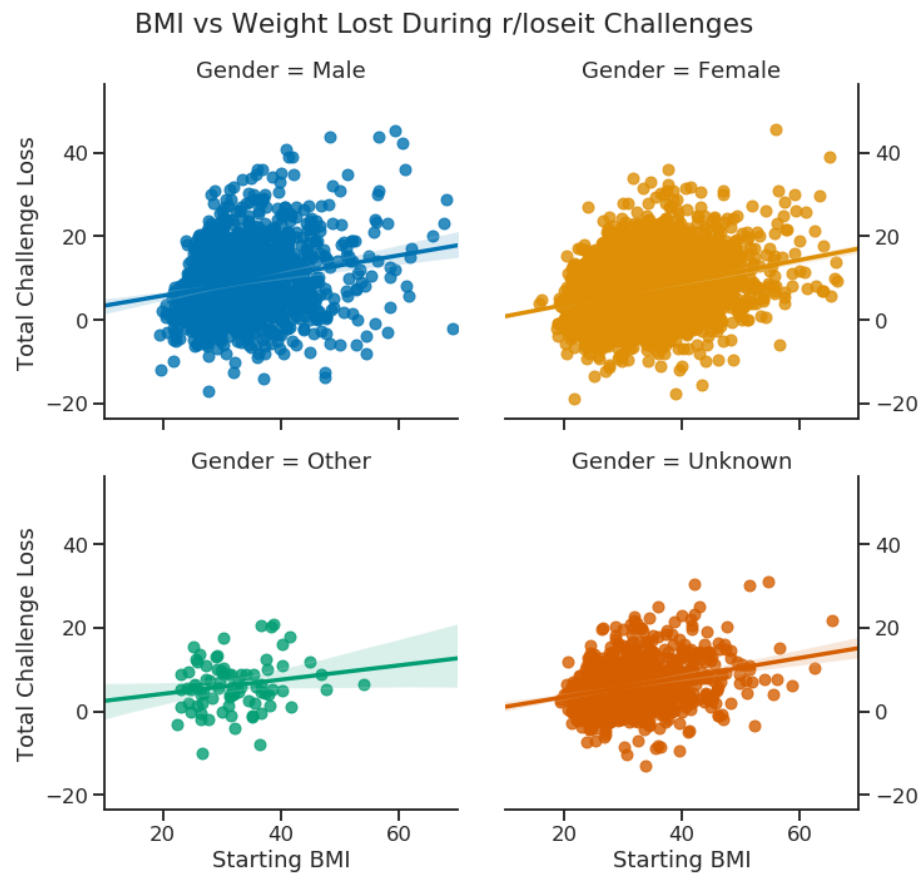
The average starting weight is 196.3 lbs. The highest starting weight so far has been 546.8



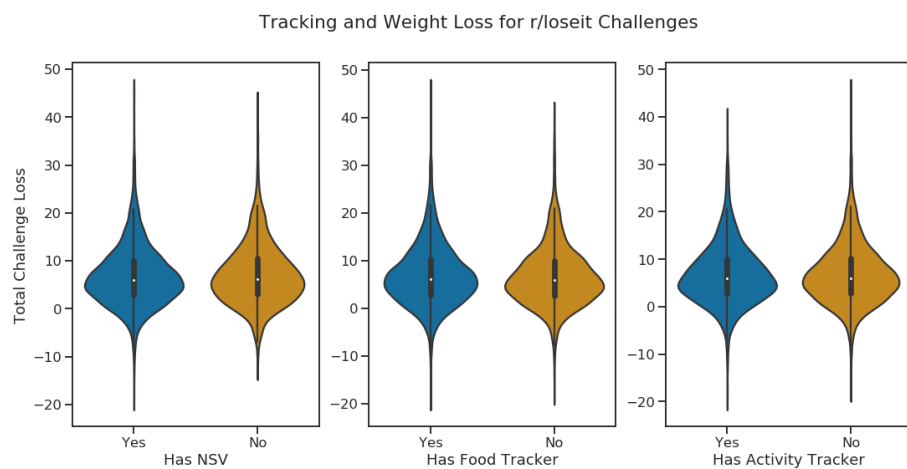
The average goal loss for the challenges is 10.0 lbs. This entry had a few outliers that are



The average weight lost during the challenges is 6.0 lbs. The most weight lost during a chal



In these plots we see that there is a slight correlation between starting BMI and the amount



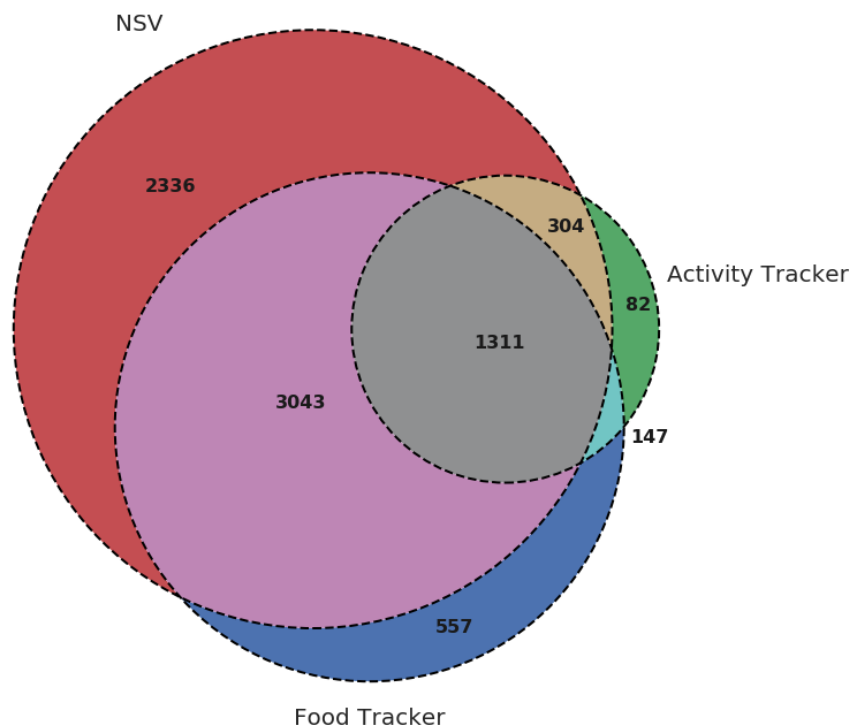
NSV and Tracking¶

Next, I want to look at the proportion of those who give links to either fitness or food trackers and provide a NSV.

Has NSV: 78.82

Gives activity tracker: 20.78

Gives food tracker: 57.00



number of people who don't give any info: 1093, 12.32%

Challenge Data¶

In the last section we examined statistics about the participants of the challenges.

In this section we will examine the challenge and team data.

So far there have been 10 loseit challenges with 76 teams for those challenges.

Challenge names [number of people]

Spring Into Summer Challenge	1063
Mythical Creatures Spring Challenge	1022
Super Mario Brothers Super Challenge	1013
Super Hero Summer Challenge	966
Rebirth Challenge	877
New New Year New Goals Challenge	860
Lord Of The Rings Summer Challenge	858
The Summer Challenge	791
Scifi Movies Challenge	744
Autumn Animal Challenge	679

Age

Highest Weight

Starting Weight

Challenge Goal Loss

Total Challenge Loss

Challenge

Team

Autumn Animal Challenge

Cougar

28.500000

203.827451

203.827451

11.660490

6.410784

Cougar

27.666667

141.866667

141.866667

7.866667

2.533333

Dodo

29.875000

186.948804

186.948804

10.363089

7.268179

Lynx

29.575758

196.698687

196.698687

11.139495

5.963333

Panda

28.898551

199.510145

199.510145

11.575362

7.689855

Rhinoceros

28.238095

195.207937

195.207937

10.447619

7.660317

Seahorse

28.591304

196.476348

196.476348

10.871130

6.028522

Shark

29.934426

191.503279

191.503279

10.149180

6.774590
Tiger
28.009009
189.799550
189.799550
10.844144
5.117387
Lord Of The Rings Summer Challenge
2nd Breakfast
29.155340
219.907767
186.366019
8.796117
5.582524
Bravest Hobbit
29.237705
219.618033
190.447541
10.616393
5.099856
Ents
30.320611
234.656489
202.725191
10.614504
5.356947
Frodo And Sam
28.917526
230.006186
197.309278
9.590722

6.186082
Gollum
29.059524
234.657143
198.966667
12.075000
6.579762
Radagast
29.451613
225.917742
195.985484
9.575806
7.435484
Rivendell
28.220339
227.073729
197.280508
9.809322
6.123729
Shadowfax
30.205674
225.570922
194.201418
11.307801
5.147872
Mythical Creatures Spring Challenge
Cerberus
29.470149
220.991045
191.449254
9.858955

5.517164
Chupacabra
28.281250
225.793750
195.733672
10.432891
6.045234
Dragon
28.990476
219.686667
183.758890
8.995081
5.969652
Pegasus
28.008264
224.704959
194.919917
10.584380
5.570248
Phoenix
28.007937
224.708730
195.527937
9.818413
4.672063
Unicorn
29.156028
224.097163
188.306383
9.939716
5.737447

Werewolf

29.120968

218.911290

185.588468

9.047339

5.945000

Yeti

29.372263

230.367153

194.839343

9.587518

5.442628

New New Year New Goals Challenge

Hamster

29.300000

229.671667

201.631667

13.150000

8.962050

Kākāriki

28.275000

226.370125

196.983125

11.644375

7.794166

Leopard Gecko

28.967391

233.964022

205.191391

11.706609

7.455087

Owl
28.622222
224.641481
192.701993
12.172363
7.117667
Pug
28.770492
236.970082
204.857377
12.111475
7.740984
Ragdoll Kitten
28.455357
226.271324
192.312500
11.978571
6.538036
Teacup Pig
28.900000
220.350000
194.048545
11.805818
7.973455
Turtle
29.931034
225.535057
194.283908
11.089655
7.883793
Rebirth Challenge

Bat

28.578947

234.529411

206.056368

10.235842

7.617526

Monarch

28.889952

233.807799

203.871244

10.710861

7.451981

Phoenix

28.060837

231.500913

201.367795

10.317072

6.643764

Snake

28.395349

222.955814

194.847442

8.918605

6.897535

Scifi Movies Challenge

Alien

29.652632

225.451579

196.971789

10.303368

6.586000

Avatar
28.895349
230.254070
195.197907
11.900233
6.565814
Blade Runner
26.989247
231.992473
202.043978
11.216882
8.020645
Fifth Element
28.168142
229.631327
196.681416
11.157522
6.743009
Martian
29.227723
232.659406
199.405941
11.241584
6.574257
Matrix
27.954128
224.072936
192.405780
11.548624
7.317783
Predator

27.473684
221.288158
189.397368
10.435526
6.060132
Terminator
30.704225
235.385915
201.094366
11.423944
8.585211
Spring Into Summer Challenge
Crocus
28.712871
236.231683
201.718515
15.511584
8.954158
Daffodil
27.548673
226.157522
195.523894
16.874336
8.926726
Duckling
27.831461
232.801124
200.634831
17.579775
9.594382
Fawn

29.568627
231.399020
197.022549
14.577451
9.185294
Hayfever
28.873684
232.385684
201.836000
15.856000
8.883895
Ladybug
28.534247
233.090144
202.317945
17.424795
8.648973
Pollen
28.867925
236.406132
199.387736
15.553774
9.351132
Robin
27.823529
234.710784
196.863725
15.168627
8.206863
Seedling
26.596154

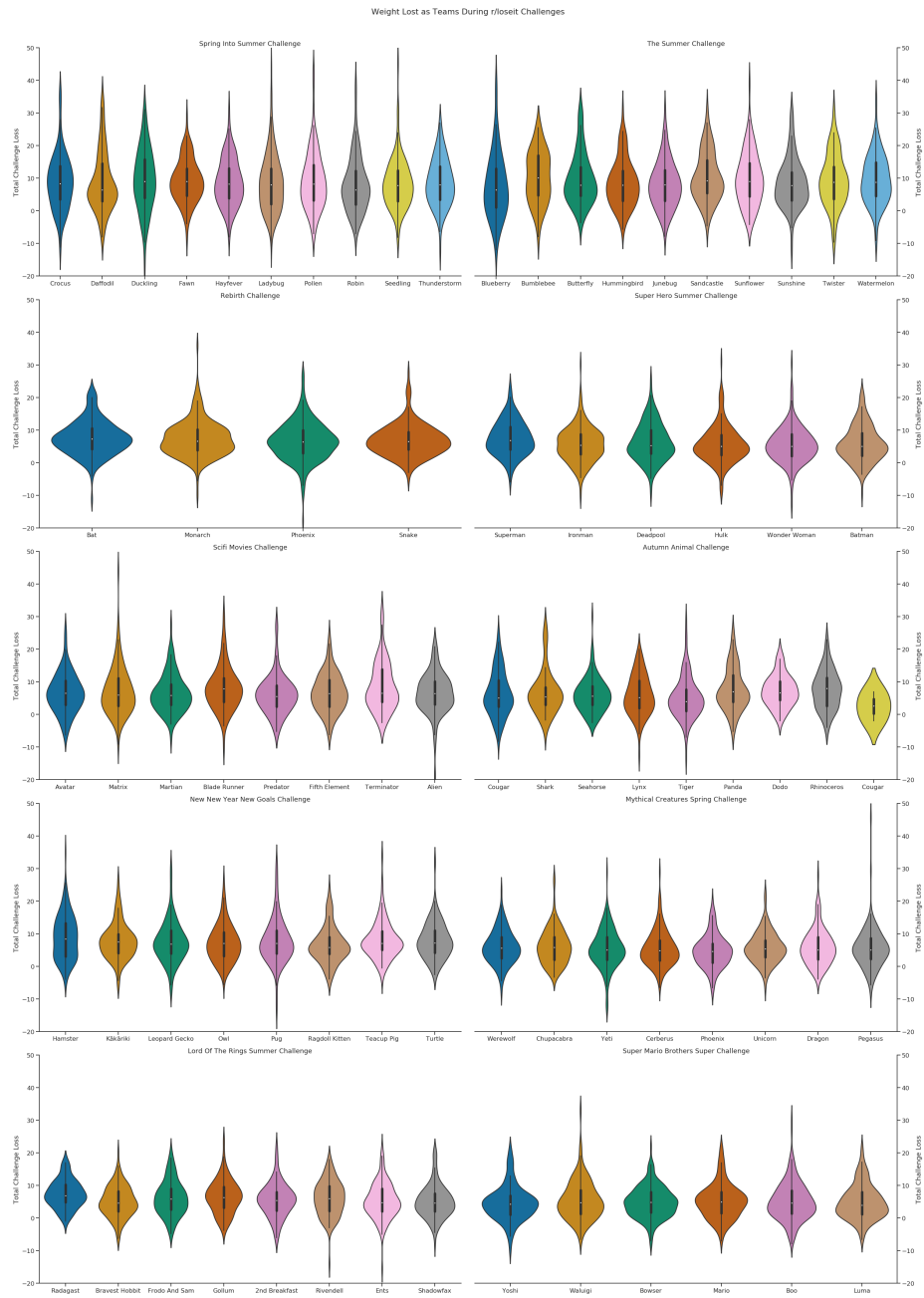
225.251923
194.691346
14.408654
8.449038
Thunderstorm
28.586538
227.916346
193.925288
13.940673
8.842788
Super Hero Summer Challenge
Batman
27.698113
220.411572
189.201258
9.919623
5.875472
Deadpool
29.344262
235.590164
203.200820
11.420492
6.337705
Hulk
28.076923
228.215522
196.919780
11.303846
5.642308
Ironman
28.044776

224.972886
193.993035
11.061493
5.663184
Superman
28.851064
235.924823
203.796454
10.969504
7.578723
Wonder Woman
28.223602
220.926708
191.189441
11.557640
5.525466
Super Mario Brothers Super Challenge
Boo
29.210784
230.679314
200.297549
9.879902
5.118000
Bowser
28.622093
217.676988
184.972093
9.363953
4.907151
Luma
29.942197

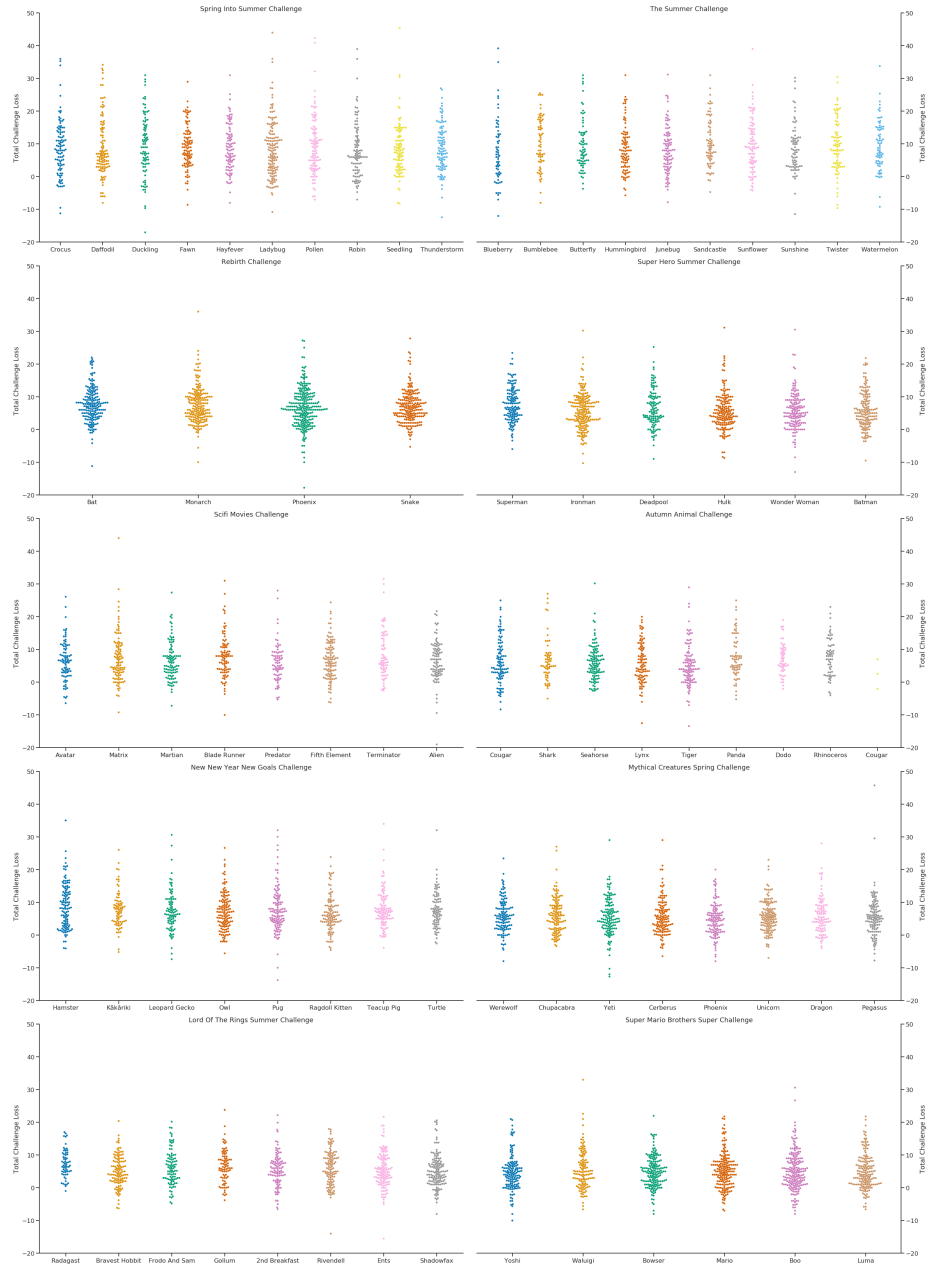
229.252428
194.162428
8.971156
4.957139
Mario
28.777778
226.927196
192.998942
9.655608
5.247848
Waluigi
28.585938
220.028984
188.541406
8.737500
5.516094
Yoshi
29.717241
227.298966
191.721379
9.057655
4.644077
The Summer Challenge
Blueberry
28.031746
238.922222
198.095238
14.141270
7.780952
Bumblebee
29.575758

246.462121
205.184848
15.176364
10.409848
Butterfly
28.816901
237.569014
197.395775
14.630986
9.912676
Hummingbird
27.902174
231.410109
194.295652
14.980543
8.618370
Junebug
27.591837
238.454490
198.431633
14.441122
8.191122
Sandcastle
28.375000
237.323611
203.863889
15.559722
10.418194
Sunflower
29.902174
236.155978

201.750652
15.362609
9.897826
Sunshine
26.618421
232.182724
198.841842
14.903684
8.595526
Twister
28.860465
237.977269
204.035116
14.281628
9.469302
Watermelon
28.540541
232.195946
198.431216
14.778514
9.610135



Weight Loss as Teams During r/loseit Challenges



NSV Analysis¶

For the last part I want to look at the NSV that people give and try to find what are the most common goals that people have for losing weight.

After removing stopwords, these are the 10 most common reasons for wanting to lose weight.

```
[('run 5k', 76),
 ('fit old clothes', 59),
 ('run 10k', 31),
 ('fit old jeans', 21),
 ('finish c25k', 20),
 ('go pant size', 13),
 ('fit clothes better', 11),
 ('no', 10),
 ('run 5k without stopping', 10),
 ('run mile', 10)]
```

In this next section, we want to create a word cloud so that we can visualize some of the mo



And finally in this last section we can copy our nsv text to <https://www.jasondavies.com/work>

And now we are done!!!!