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Apple Fitness

1. This fitness program is an automatic data source.
2. This data will be collected from my vitals that are tracked through my Apple Watch. All the data is directly linked to my phone, tracking a wide variety of data types.


3. My fitness data that would be analyzed for this project is tracked on a daily basis.
4. The Apple Fitness app tracks workout stats such as type, duration, calories burned, and average heart rate. Additionally, the app also tracks daily personal goals which includes calories burned, minutes of exercise, and hours in the day where I was idle or not moving.
5. I am interested in this data source because I am curious about how my fitness habits are influenced over the course of a college semester. There are some weeks where I am highly active, and there are other weeks where I find myself not reaching my fitness

goals. Studying potential factors such as school workloads, weather, and breaks could reveal interesting trends.

Apple Music

1. Apple Music is another automatic data source.
2. Apple Music data will be collected from the 2021 Replay Analysis. It can be found on my phone and laptop on the Apple Music app.
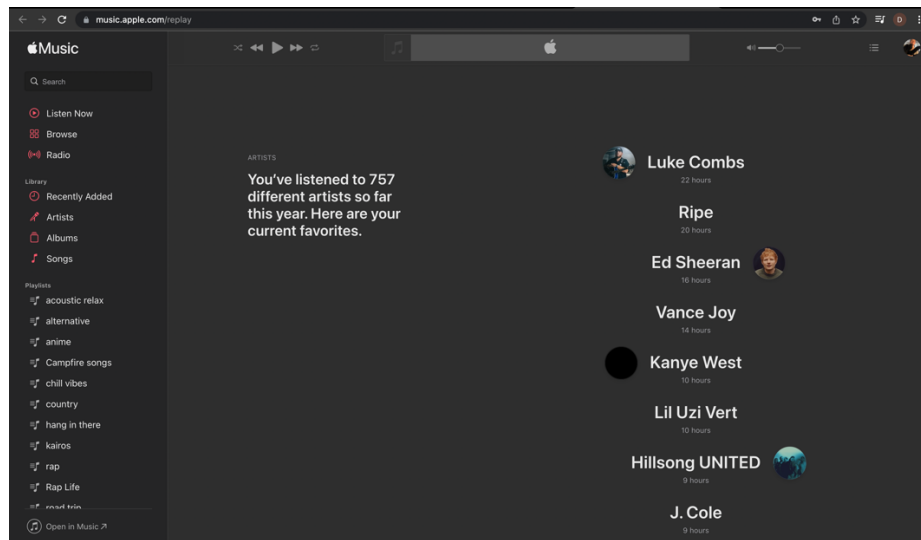
3. This type of data is tracked on an annual basis.
4. Apple Music Replay tracks a variety of different data aspects. In this analysis, my top ten songs that I played in 2021 were displayed as well as my top ten music artists. Also, Apple Music provides stats for how many artists I listened to over the whole year and the time distribution of how much time I spent listening to my top artists.
5. This data interests me because there must be a wide variety of different factors that could have influenced my listening habits. Studying important world and personal events could reveal a trend in what genres of music I listened to during certain parts of the 2021 year.

Screen Time v. Study Time

1. This data source would be collected manually.

2. I would keep all my data points in an excel spreadsheet as the semester goes on for study time. As for screen time, Apple can track screen time on my phone and laptop each day.

3. Both the study time and screen time would be tracked on a daily basis.
4. This data collection would mainly focus on tracking my time studying versus my time using my phone throughout the day. Additionally, the screen time app on my phone provides details about which apps I am using and how long I use each of my apps. Screen time also tracks how days compare to each other and my longest session on my phone.
5. This would be a great data source to analyze because I find it easy to get distracted through the day when I need to study. As a notorious procrastinator, I always find myself spending time on my phone so that I can avoid starting my schoolwork. Tracking these trends could help me to improve my own productivity this semester.