data_exploration_andi

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2025-10-31

Data Exploration

```
# dataset

clean <- read.csv("../Data/clean/CleanLifeData.csv")

head(clean)
```

```
##   X   age gender weight.kg. height.m. max_bpm avg_bpm resting_bpm
## 1 0 34.91      0      65.27      1.62  188.58  157.65       69.05
## 2 1 23.37      1      56.41      1.55  179.43  131.75       73.18
## 3 2 33.20      1      58.98      1.67  175.04  123.95       54.96
## 4 3 38.69      1      93.78      1.70  191.21  155.10       50.07
## 5 4 45.09      0      52.42      1.88  193.58  152.88       70.84
## 6 5 53.19      1     105.05      1.84  176.52  130.60       61.84
##   session_duration..hours. calories_burned workout_type fat_percentage
## 1                     1.00         1080.90            0       26.80038
## 2                     1.37         1809.91            1       27.65502
## 3                     0.91          802.26            2       24.32082
## 4                     1.10         1450.79            1       32.81357
## 5                     1.08         1166.40            0       17.30732
## 6                     0.69          453.33            3       32.04906
##   water_intake.liters. workout_frequency.days.week. experience_level   bmi
## 1                 1.50                         3.99             2.01 24.87
## 2                 1.90                         4.00             2.01 23.48
## 3                 1.88                         2.99             1.02 21.15
## 4                 2.50                         3.99             1.99 32.45
## 5                 2.91                         4.00             2.00 14.83
## 6                 2.91                         3.02             1.00 31.03
##   daily_meals_frequency physical_exercise  carbs proteins  fats calories
## 1                  2.99              0.01 267.68   106.05 71.63     1806
## 2                  3.01              0.97 214.32    85.41 56.97     1577
## 3                  1.99             -0.02 246.04    98.11 65.48     1608
## 4                  3.00              0.04 203.22    80.84 54.56     2657
## 5                  3.00              3.00 332.79   133.05 88.43     1470
## 6                  2.99             -0.04 170.86    67.92 46.06     2767
##   meal_name meal_type diet_type sugar_g sodium_mg cholesterol_mg serving_size_g
## 1         0         0         0   31.77   1729.94         285.05         120.47
## 2         0         0         1   12.34    693.08         300.61         109.15
## 3         0         1         2   42.81   2142.48         215.42         399.43
```

```
## 4          0         0         2    9.34     123.20           9.70          314.31
## 5          0         1         0   23.78    1935.11         116.89           99.22
## 6          0         2         3   15.89    2382.39          36.38          416.54
##   cooking_method prep_time_min cook_time_min rating name_of_exercise sets  reps
## 1              0         16.24        110.79   1.31                0 4.99 20.91
## 2              1         16.47         12.01   1.92                1 4.01 16.15
## 3              2         54.35          6.09   4.70                2 5.00 21.90
## 4              1         27.73        103.72   4.85                3 4.01 16.92
## 5              3         34.16         46.55   3.07                4 4.99 15.01
## 6              4         20.98         54.64   3.38                5 4.00 25.10
##   benefit burns_calories_.per.30.min. target.muscle.group equipment_needed
## 1       0                      342.58                   0                0
## 2       1                      357.16                   1                1
## 3       2                      359.63                   2                1
## 4       3                      351.65                   3                2
## 5       4                      329.36                   4                3
## 6       5                      374.56                   5                4
##   difficulty_level body_part type_of_muscle workout bmi_calc cal_from_macros
## 1                0         0              0       0 24.87045         2139.59
## 2                1         1              0       1 23.47971         1711.65
## 3                1         2              1       2 21.14812         1965.92
## 4                0         3              2       3 32.44983         1627.28
## 5                0         4              3       4 14.83137         2659.23
## 6                2         2              3       5 31.02847         1369.66
##   pct_carbs protein_per_kg    pct_hrr   pct_maxhr cal_balance lean_mass_kg
## 1 0.5004323      1.6247893 0.7412365 0.8359847      725.10     47.77739
## 2 0.5008501      1.5140932 0.5512471 0.7342696     -232.91     40.80980
## 3 0.5006104      1.6634452 0.5745336 0.7081239      805.74     44.63558
## 4 0.4995330      0.8620175 0.7441547 0.8111500     1206.21     63.00743
## 5 0.5005810      2.5381534 0.6684048 0.7897510      303.60     43.34750
## 6 0.4989851      0.6465493 0.5995814 0.7398595     2313.67     71.38246
##   expected_burn burns_calories_.per_30_min._bc burns_calories_bin
## 1      685.1600                   7.260425e+19                  0
## 2      978.6184                   1.020506e+20                  1
## 3      654.5266                   1.079607e+20                  1
## 4      773.6300                   8.987921e+19                  1
## 5      711.4176                   5.264685e+19                  2
## 6      516.8928                   1.505159e+20                  3
```