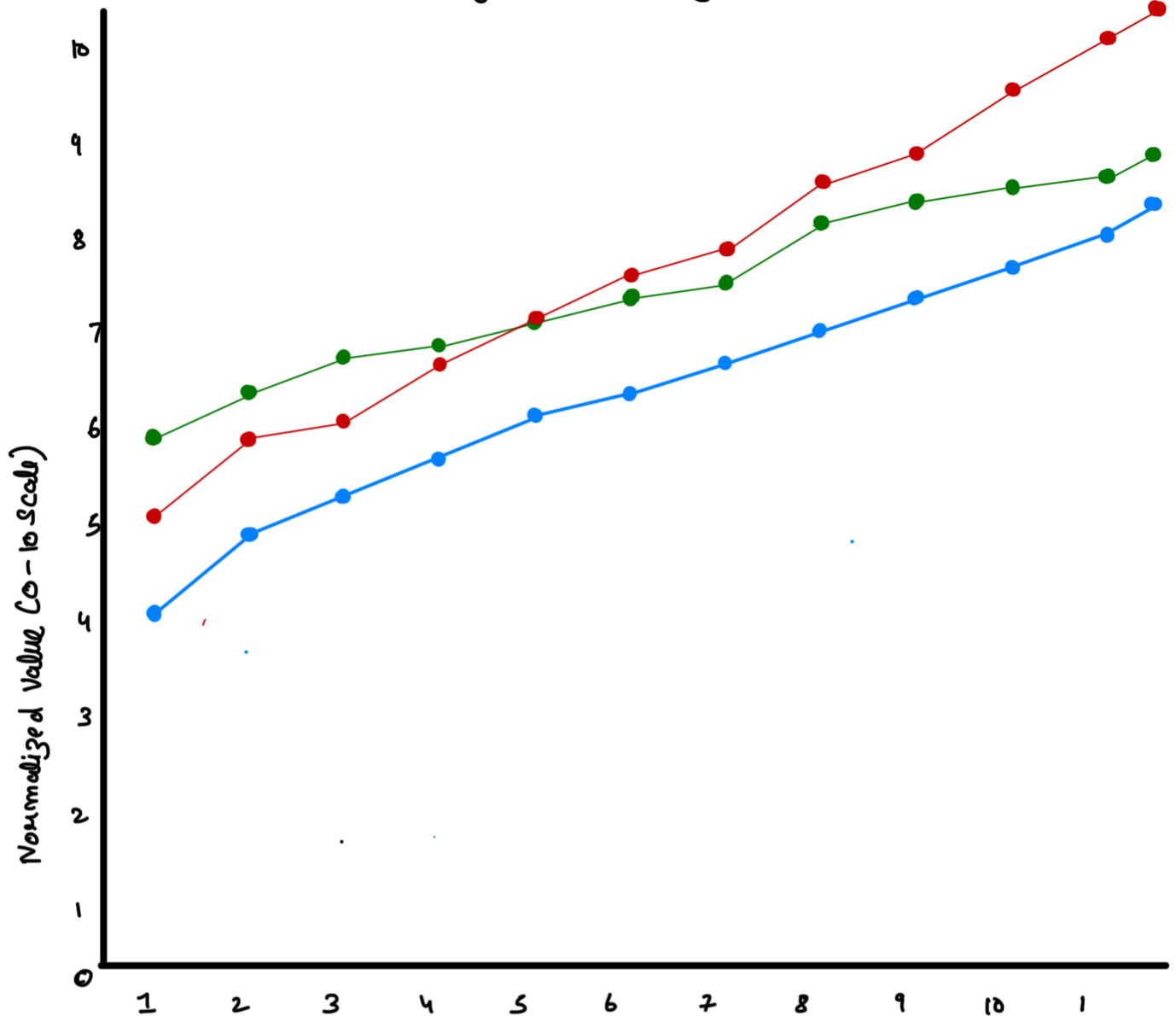


# 12 Days Fitness Progress: Three Key Metrics over Time



Day Number (Sept 25 - Oct 6)

## Legend - What Each Line Represent



Green line = Sleep hours (actual value)

Range: 6.0 to 8.5 hours per Night



Blue line = Workout Durations  $\div 12$

Range: 50 to 102 min per Session  
(shows as 4.2 to 8.5 on scale)



Red line = Protein Intake  $\div 1.5$

Range: 80 to 150 grams Per day

**RESEARCH QUESTION:** How do workout duration, sleep hours, and protein intake change together over the 12-day period? This visualization shows the temporal progression of all three fitness metrics to identify whether they improve in coordination or independently.