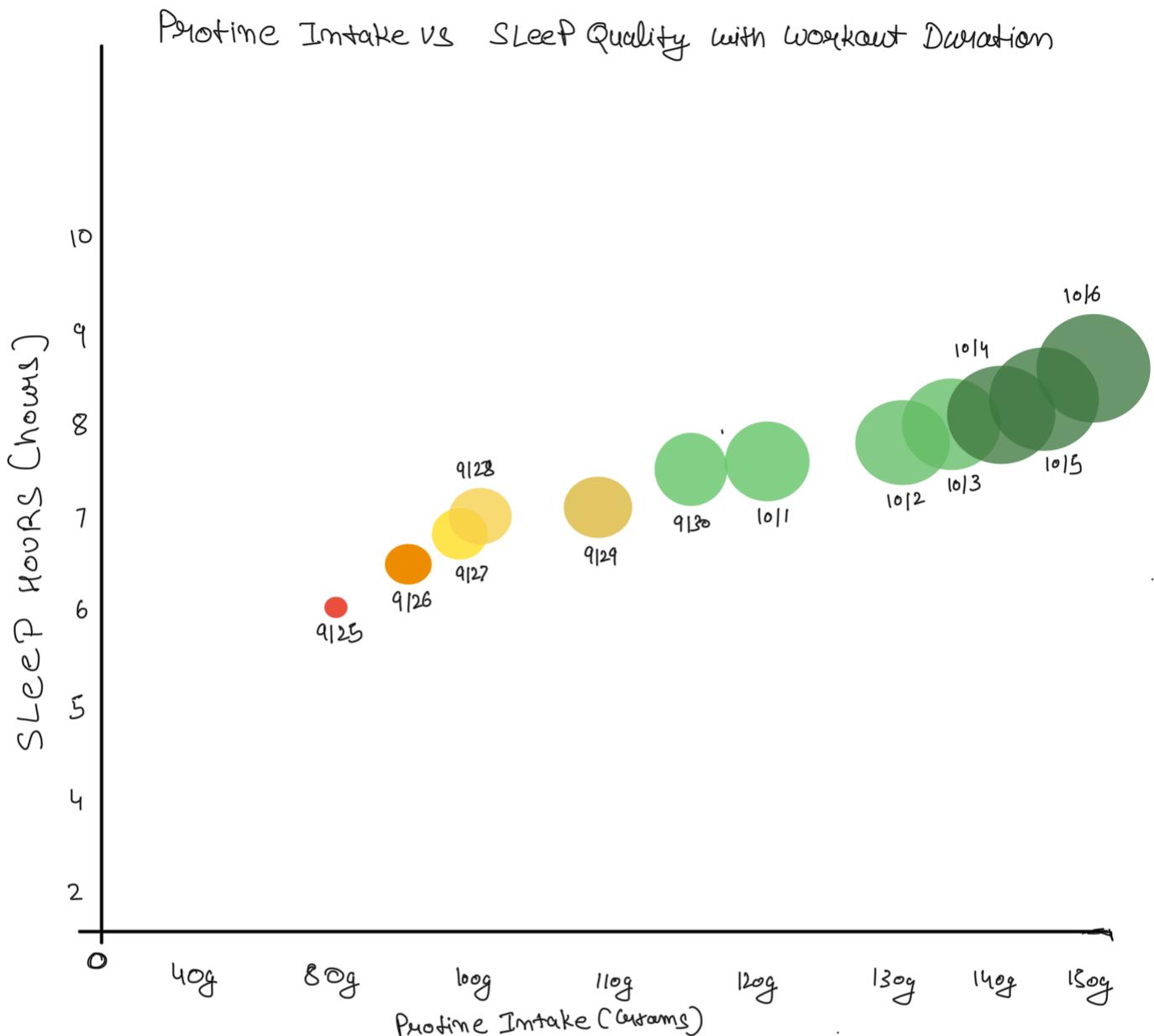


HYPOTHESIS: As protein intake (grams) increases, sleep hours (hours) also increase.

Higher workout duration (minutes) is associated with better sleep quality, shown through bubble size. Restfulness levels (1-5 scale) are indicated by color from red (very tired) to dark green (excellent rest).



Restfulness (1-5)

- 1 = Very Tired
- 2 = Low
- 3 = Moderate
- 4 = Good
- 5 = Excellent

Workout Duration

- 50 min (Small)
- 60 min (Medium)
- 90 min (Large)
- 110 min (x-Large)

Each bubble Represents one day . Positions shows Position and Sleep . Size shows workout duration , Color shows Restfulness