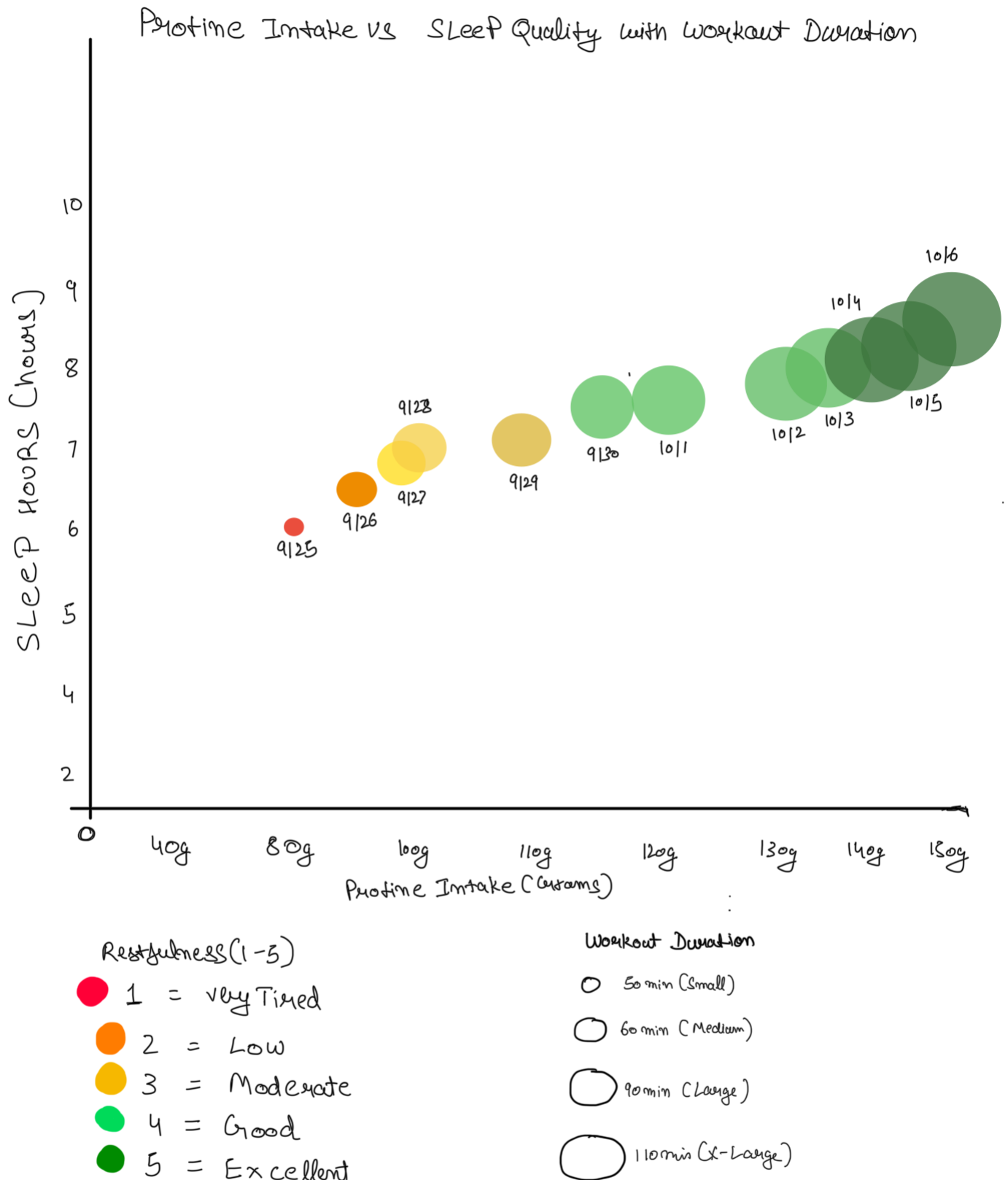


HYPOTHESIS: As protein intake (grams) increases, sleep hours (hours) also increase.

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).



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