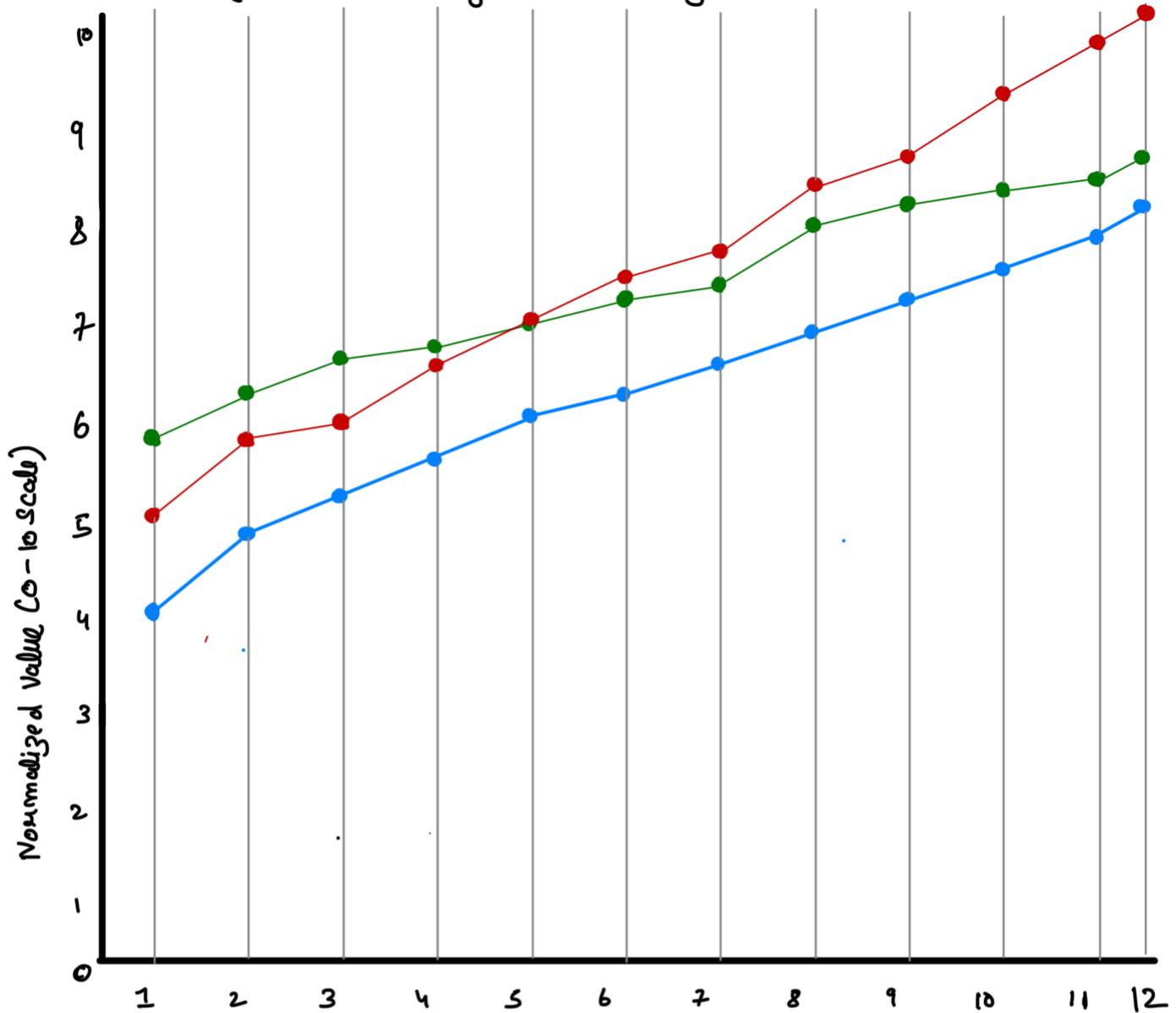


12 Days Fitness Progress : Three Key Metrics over Time



Day Number (Sept 25 - Oct 6)

Legend - What Each Line Represent

Greenline = Sleep hours (Actual value)
Range : 6.0 to 8.5 hours per Night

Blue line = Workout Durations ÷ 12
Range : 50 to 102 min per Session
(Shows as 4.2 to 8.5 on SC ab)

Red line = Protein Intake ÷ 15
Range : 80 to 150 gram 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.