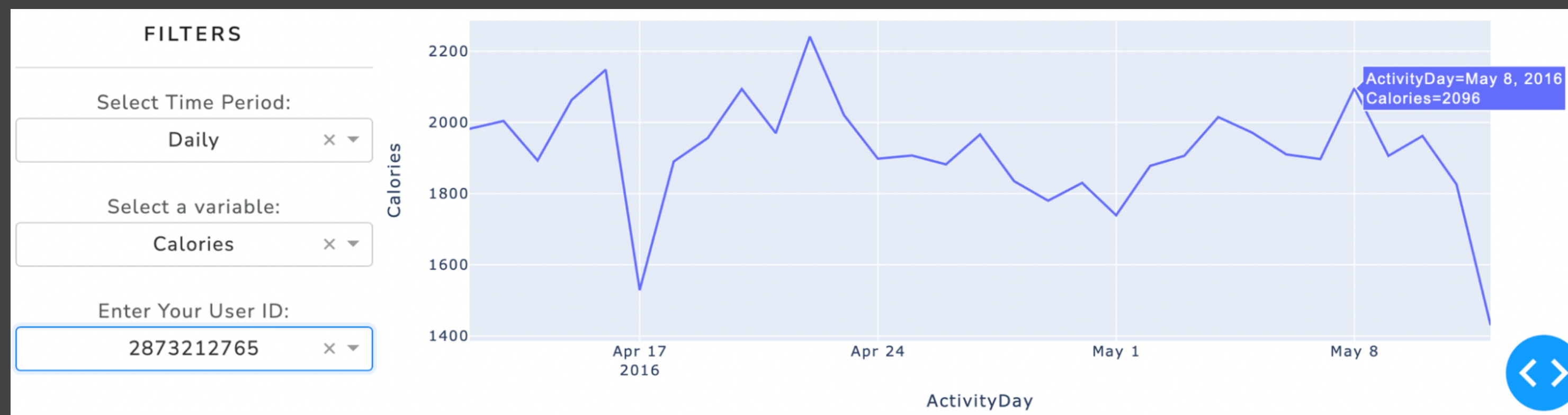# FITBIT INSIGHTS DASHBOARD

METHODS USED

GOALS

The Fitbit Insights Dashboard is designed to provide users with a personalized and interactive view using Plotly Dash. The main goal is to allow users to conveniently analyze their personal fitness summary statistics by building four insightful visuals:
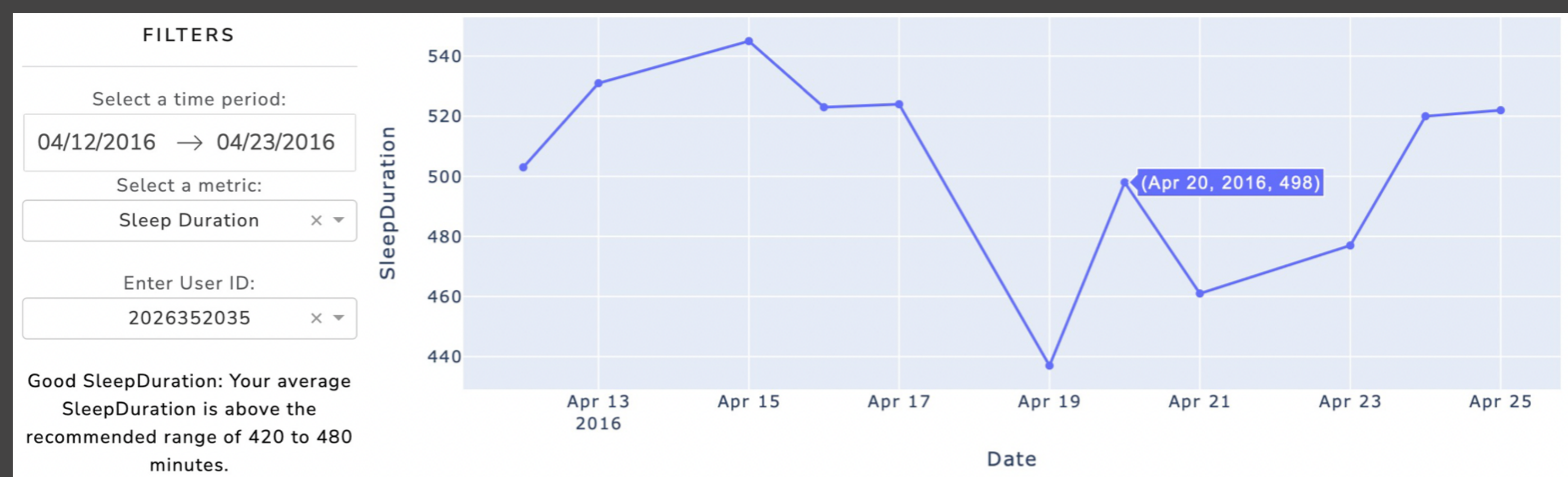
TIME SERIES VISUAL	CORRELATION EXPLORATION	SLEEP ANALYSIS VISUAL	HEALTH RISK ASSESMENT

DATA

FitBit Dataset obtained from Kaggle

LIBRARIES

- Matplotlib
- Seaborn
- Plotly (visuals)
- Plotly Dash (layout, callbacks)

STRUCTURE:

- 5 feature files, 1 main file, 1 data file
- Page layouts and styling in feature specific files
- Callbacks for all features and app layout in the main file

Time Series Visualization

Sleep Analysis Visualization

This is the home page of the Fitbit Insights Dashboard.

Home Screen

MOTIVATION

IMPROVE PUBLIC HEALTH AND PERSONAL WELLNESS

- Address global healthcare challenges
- Encourage proactive health management

DETECT GENERAL POPULATION TRENDS IN THE PUBLIC HEALTH REALM

- Identify prevalent health issues
- Inform healthcare policy and resources allocation

INCREASE AWARENESS OF PERSONAL HEALTH AND BODY CONDITIONS

- Empower individuals to understand their health data
- Promote early detection of potential health risks

CONCLUSION

1 SUCCESSFUL VISUALIZATION OF FITNESS DATA

- Effective line plots for time series visuals and sleep analysis
- Intuitive correlation exploration and heart health features

2 INSIGHTS ON PERSONAL HEALTH TRENDS

- Users can explore metadata and heart rate to understand health patterns

3 POTENTIAL FOR HEART RISK ASSESSMENT

- Classify users as poor, fair, and good based on metric thresholds
- Provide suggestions to improve specific health metrics

4 OVERALL SATISFACTION WITH RESULTS

- Dashboard is insightful and informative
- Promising tool for promoting personal health awareness