Activities and User Profiles

Haldun Köktaş

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Key Metrics

"Total steps", "calories", "minutes of activity levels", "minutes of total sleep", and" total time in bed" are picked to measure the daily activity.

Total Steps

The total step is a standard metric set as a goal by the end user. People try to take it to the upper level and measure their daily activities by the total daily steps metric.

The average total steps by users are as follows:
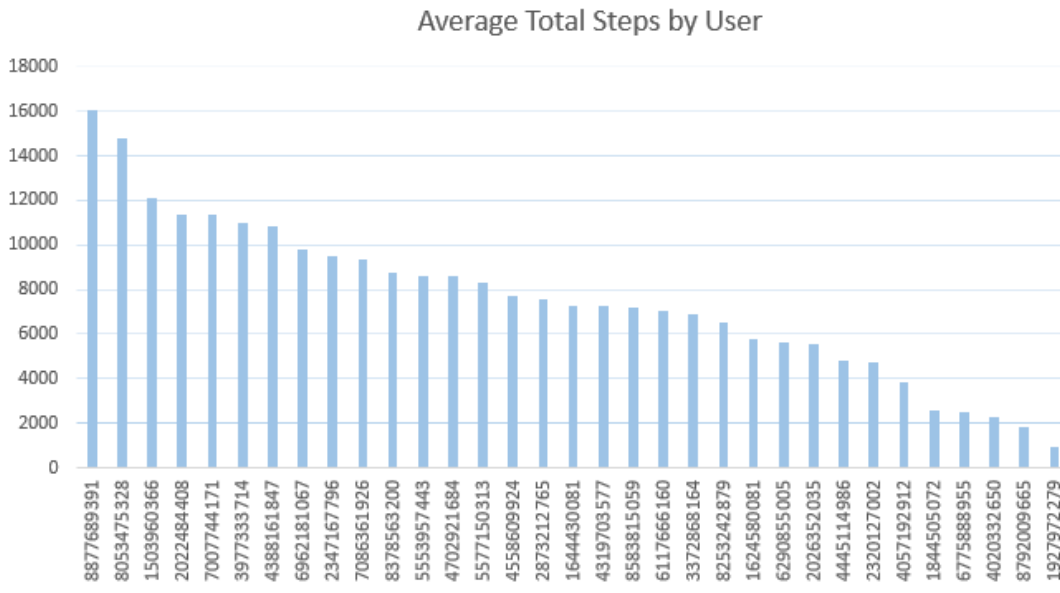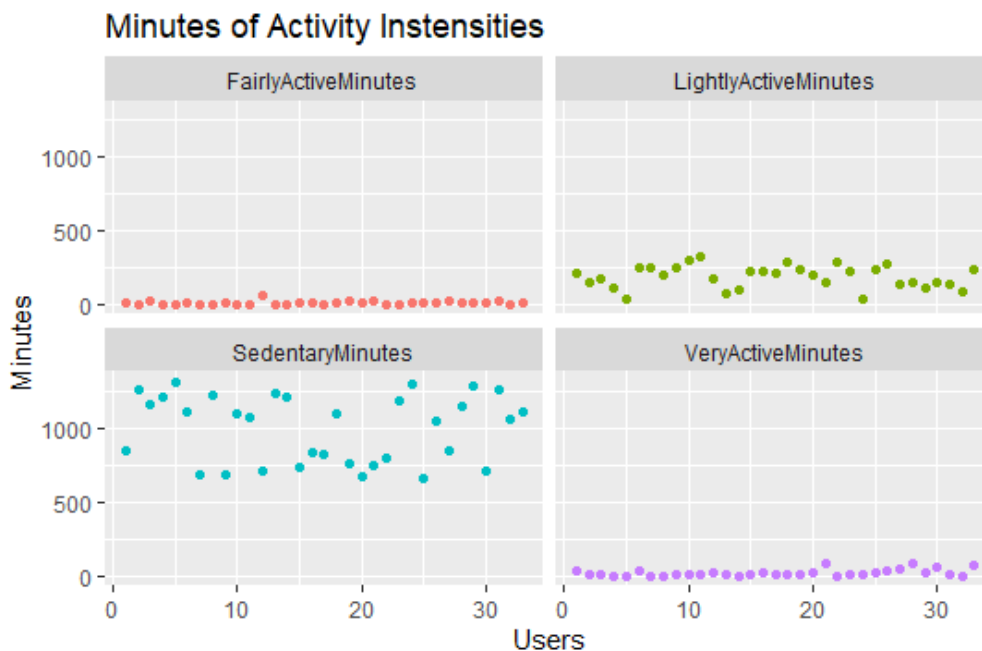

The total average is 7638.

Total steps by the users show a linear relationship with daily calorie intake, which means when someone has more steps, they are likely to take more calories daily or vice-versa.
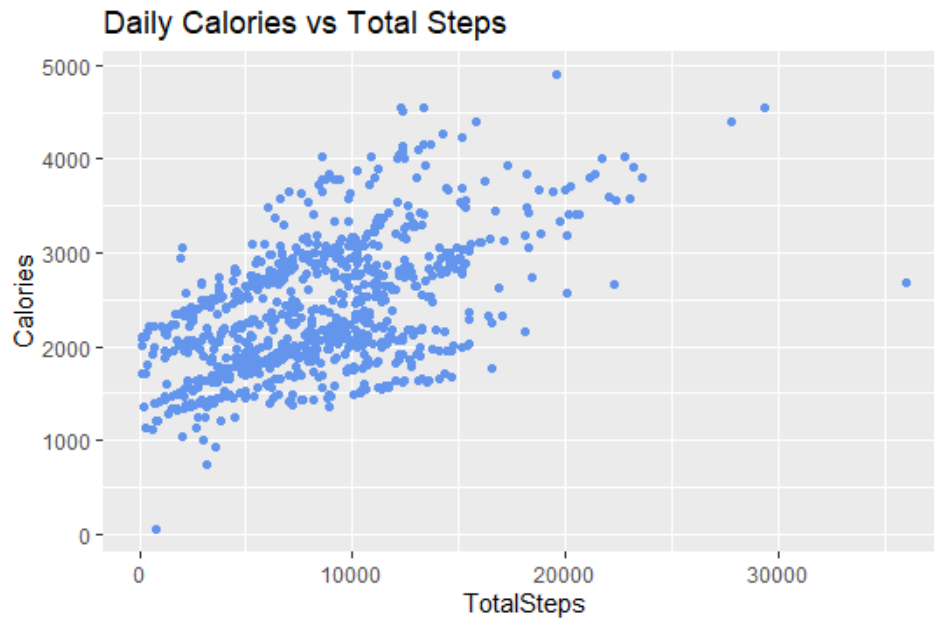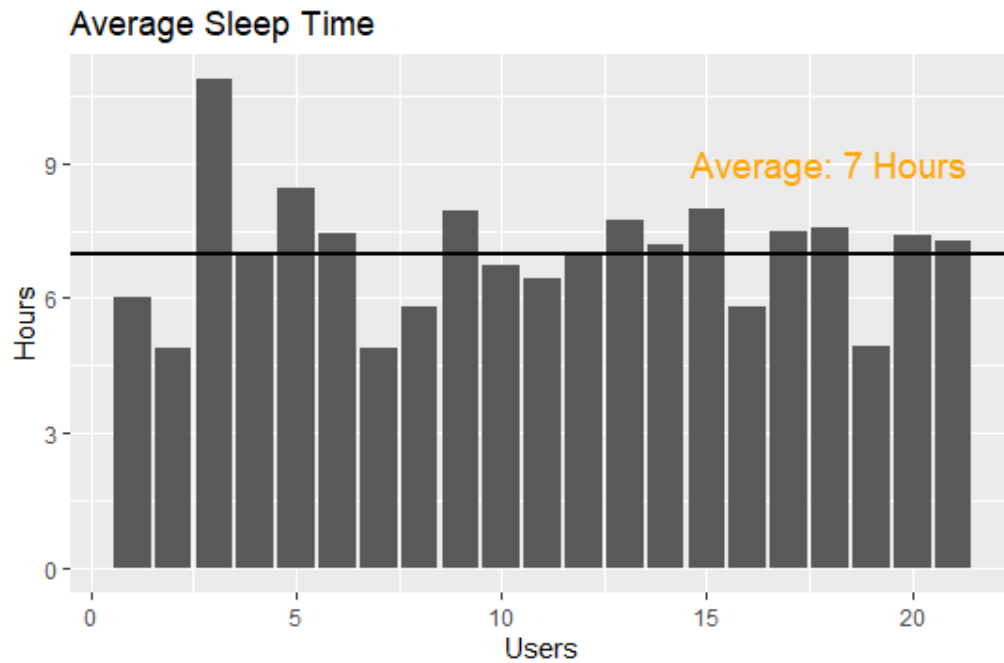

Active Minutes

Activity levels are split into 4 categories: **Very Active**, **Fairly Active, Lightly Active** and **Sedentary**.
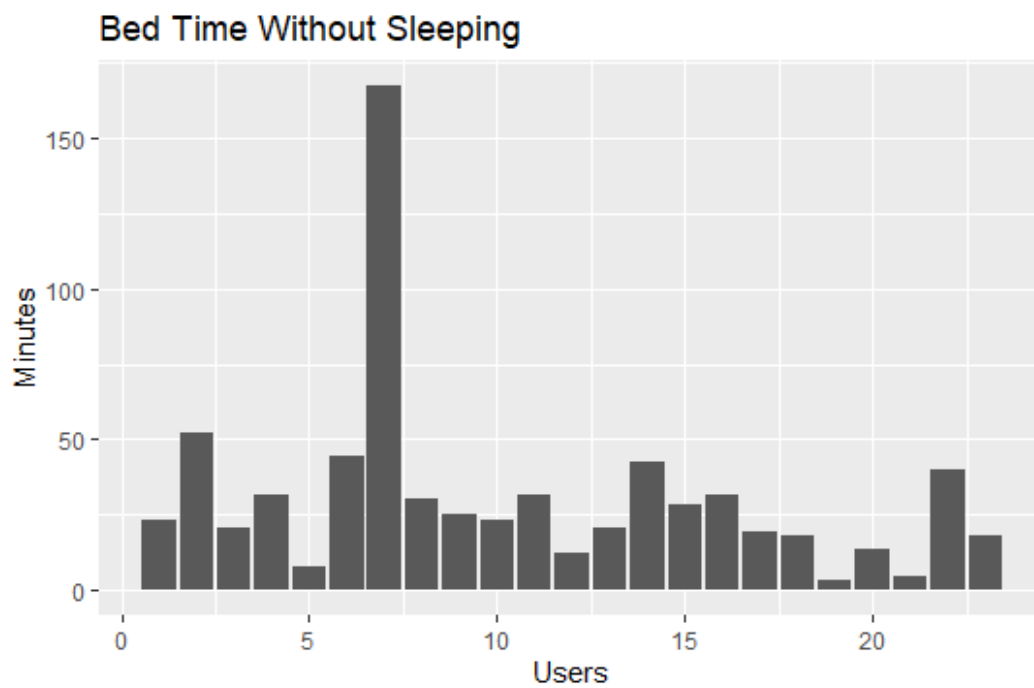
Their distributions among users:

Sleep and Time in Bed

People have varying sleeping times and "in bedtime". Sleep deprivation or sleep time as a percentage of bedtime is a crucial metric to a person's daily habits.
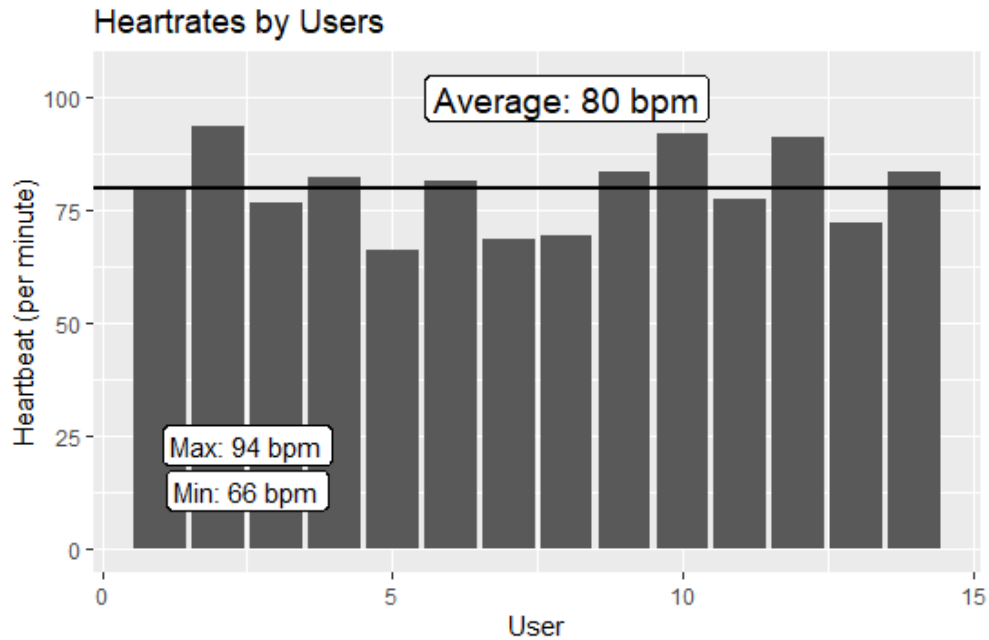

Quiet wakefulness (time passed in bed before going to sleep) among users:

Heart Rate

Heart rate is measured in terms of beats per minute (bpm). Values are centered around the mean, and the average is 80 bpm.

Heartrates by Users

Weight Log

Average Body Mass Index (BMI) is an index indicator of the healthiness of a person's weight. An Interval of 20-24.9 is considered normal, and 25-29.9 is considered "overweight". The average BMI of users and their dispersion around the mean is as follows:

BMI by Users