**Conclusions And Recommendations**

**Conclusions:**

Users tend to spend more time being sedentary. Users average sleep is longer on the weekends. Calories burned do not have a linear relation.

**Recommendations:**

As most users are not using substantially, perhaps notifications and/or alerts could be used with the app for motivation or reminders.

Due to the low participants in sleep tracking, it is possible comfort may be an issue for further investigation.

There were limitations regarding the data.  We would suggest conducting a study with a larger sample group with more detail.