Written Reflection

Introduction

For this project, I chose to analyze my health and wellness optimization, focusing on how sleep, workout habits and coffee intake influence my daily energy levels and productivity. This topic is deeply personal because I lead a demanding lifestyle as an MBA student, where balancing mental and physical performance is crucial for success. My key question was: How do my daily habits like sleep, exercise and caffeine consumption impact my energy and productivity? I hypothesized that consistent sleep, regular workouts and moderate coffee intake would positively correlate with higher energy and productivity scores over time.

Design Choices

The dashboard was designed as a single-page executive-style report for quick interpretation. The **top row features KPI cards** (average sleep, workout duration, coffee intake, energy levels and productivity level) that provide an at-a-glance summary of my habits and their outcomes. I selected a **Line chart** to visualize the correlation between sleep duration and energy levels, highlighting how energy improves with consistent rest. A **clustered column chart** displays productivity by sleep and coffee intake, illustrating the impact of these variables on performance. A **matrix heatmap** was used to show energy levels across workout duration and productivity levels, as this allowed for easy comparison across multiple ranges. **Donut charts** for coffee and workout/rest-day distribution were chosen for their simplicity in visualizing proportions.

The **color scheme** used soft greens and blues for positive indicators (good habits, high performance) and subtle grays for neutral values, maintaining a clean and professional aesthetic. I included interactive elements like a **date slicer**, a **weekday/weekend toggle**, **cross-filtering** (Coffee intake donut chart)**,** and **drill-down** capability (Sleep vs Energy chart to explore monthly to daily trends) to allow viewers to explore patterns over time.

One challenge was ensuring the dashboard conveyed a clear narrative without overwhelming the viewer. I also learned that **not all data adds value to a narrative,** as metrics like protein intake, sleep quality, and calories consumed didn't reveal actionable patterns. Deciding to exclude them was difficult, but it helped maintain focus on the most meaningful insights. This experience underscored the importance of refining data storytelling to highlight what truly drives the narrative.

Insights Discovered

This analysis revealed several valuable insights. First, **energy levels dipped noticeably when sleep was under six hours**, reinforcing the importance of sufficient rest. Second, productivity peaked when I achieved **7–8 hours of sleep and consumed 2–3 cups of coffee**, showing that moderate caffeine enhances performance without negative effects. Third, workouts had a substantial impact: **sessions over 45 minutes correlated with higher energy and productivity**, demonstrating that consistent physical activity boosts daily output.

An unexpected pattern was that high coffee intake (3 cups) often coincided with poor sleep and rest days, which led to **lower overall energy and productivity**. This finding emphasized that coffee cannot compensate for inadequate sleep or missed workouts. These insights suggest that small, sustainable habit changes could significantly improve my overall well-being and performance.

Future Actions

Based on these insights, I plan to **prioritize 7–8 hours of sleep**, **maintain 2–3 cups of coffee daily**, and **commit to workouts of at least 45 minutes** on most days. This analysis will guide how I structure my routines for optimal energy and productivity, and future tracking will include stress levels, sick days and water intake for deeper insights.

References

OpenAI. (2025). ChatGPT. Chat.openai.com; OpenAI. https://chat.openai.com/ - used to concise written reflection and helped brainstorm and learn more about Power BI.