

21/10/2022 - Upload and change data format

- All tables were cleaned and uploaded into a new table
- Tables 5-18 had timestamps uploaded as STRING then formatted and converted to DateTime in a new column.
- Old STRING format timestamp column was removed in the new table

Change fitbit data table names:

01. dailyActivity_merged -> Daily_Activity

- Verified: done
- Number of Users: 33

02. dailyCalories_merged - > Daily_Calories

- Verified: done
- Number of Users: 33

03. dailyIntensities_merged -> Daily_Intensities

- Verified: done
- Number of Users: 33

04. dailySteps_merged -> Daily_Steps

- Verified: done
- Number of Users: 33

05. heartrate_seconds_merged -> Heartrate_Seconds

- Uploaded: datetime as string
- Verified: done
- Number of Users: 14

IDs that do not appear in Daily_Activity

8053475328	1644430081	4319703577	2320127002	1503960366
3372868164	7086361926	2873212765	6290855005	4445114986
8378563200	8583815059	1927972279	4057192912	3977333714
4702921684	1844505072	1624580081	8253242879	

06. hourlyCalories_merged -> Hourly_Calories

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

07. hourlyIntensities_merged -> Hourly_Intensities

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

08. hourlySteps_merged -> Hourly_Steps

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

09. minuteCaloriesNarrow_merged -> Calories_per_Minute_Narrow

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

10. minuteCaloriesWide_merged -> Calories_per_Minute_Wide

- Uploaded: ActivityHour as string
- Verified: done
- Number of Users: 33

11. minuteIntensitiesNarrow_merged -> Intensities_per_Minute_Narrow

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

12. minuteIntensitiesWide_merged -> Intensities_per_Minute_Wide

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

13. minuteMETsNarrow_merged -> METs_per_Minute_Narrow

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

14. minuteSleep_merged -> Minute_Sleep

- Uploaded: datetime as string
- Verified: done
- Number of Users: 24

IDs that do not appear in Daily_Activity

8877689391 3372868164 2873212765 6290855005 8583815059
2022484408 4057192912 1624580081 8253242879

15. minuteStepsNarrow_merged -> Steps_per_Minute_Narrow

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

16. minuteStepsWide_merged -> Steps_per_Minute_Wide

- Uploaded: datetime as string
- Verified: done
- Number of Users: 33

17. sleepDay_merged -> Sleep_per_Day

- Uploaded: datetime as string
- Verified: done
- Number of Users: 24

IDs that do not appear in Daily_Activity

8877689391	3372868164	2873212765	6290855005	8583815059
2022484408	4057192912	1624580081	8253242879	

18. weightLogInfo_merged -> Weight_Log_Info

- Uploaded: datetime as string
- Verified: done
- Number of Users: 8

IDs that do not appear in Daily_Activity

8053475328	1644430081	2320127002	2347167796	4388161847
6775888955	5553957443	3372868164	7086361926	6290855005
4445114986	4020332650	6117666160	8378563200	8583815059
2026352035	7007744171	2022484408	8792009665	4057192912
3977333714	4702921684	1844505072	1624580081	8253242879

27/10/2022 - Merge and transform fitbit data into new tables for analysis

1. Sleep_Time

- Querys: #10, #11

2. Hourly_Activity

- Querys: #14

3. Heartrate_by_Hour

- Querys: #18

4. Daily_Activity_Avg_by_Week

5. Avg_Heartrate_per_Minute

6. Avg_Activity_per_Hour

The use of transformed datasets were abandoned. The creation of altered and merged tables were conducted in Tableau using the cleaned dataset.