

# 2022\_02\_06\_Capstone

Ken Ng

06/02/2022

## Ken's Steps Taken In The Year 2021

For my Google Data Analytics Capstone Project, I thought of sharing the number of steps I took in the year 2021.

Methodology: I enabled the Google Fit mobile app to track my steps for the year of 2021. For the scope, I will be reporting the monthly number of steps. As there wasn't a way to extract the data from the app, I first typed in the data into Google Sheets and exported it as a csv file as steps\_data.csv.

Next, I uploaded it into RStudio to perform data visualisation using ggplot and geom\_bar to show how the number of my steps changed over time.

Lastly, I saved my project as an R Markdown (.Rmd) file and used Knit to save the file as a PDF.

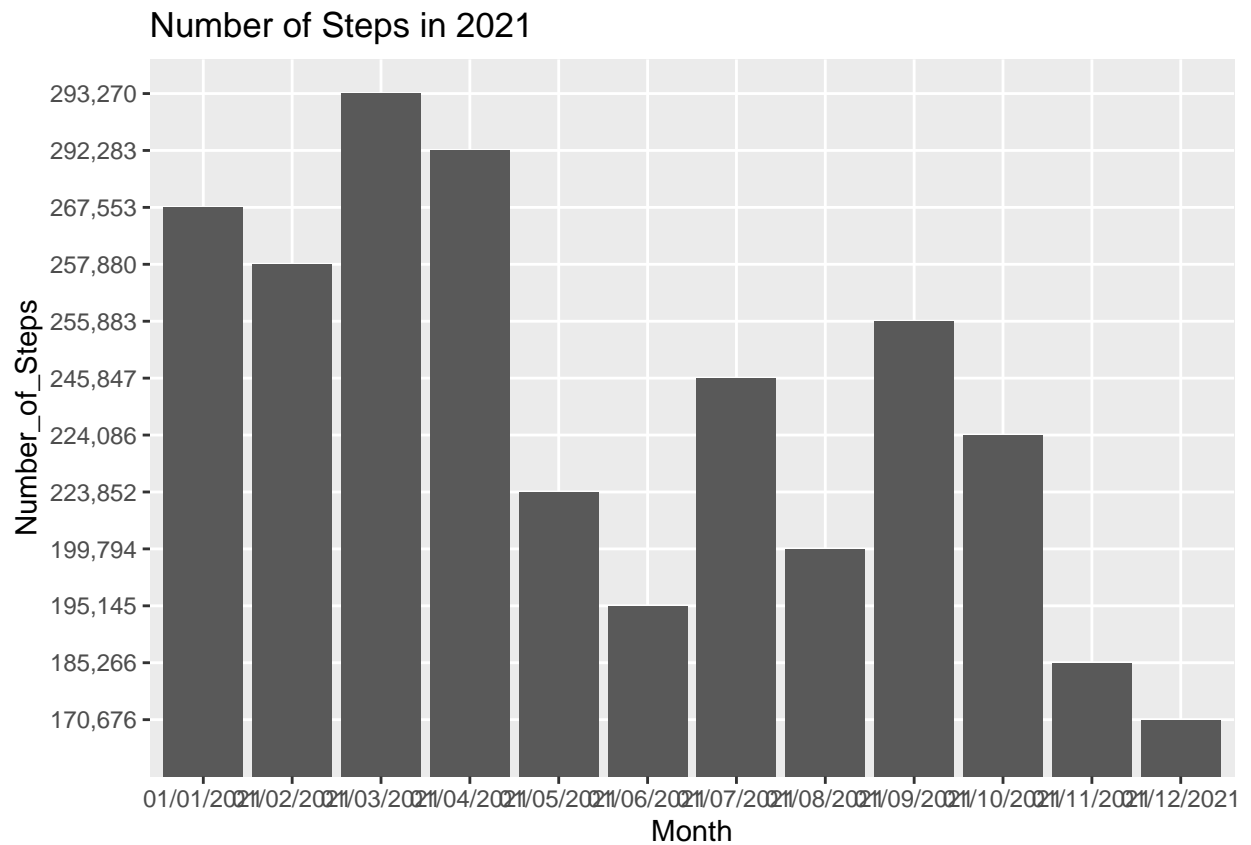
```
# Install the ggplot2 package
install.packages("ggplot2")

## Installing package into '/cloud/lib/x86_64-pc-linux-gnu-library/4.1'
## (as 'lib' is unspecified)

# Call the ggplot2 package
library(ggplot2)

# Read the csv file with my steps data and assign it to a new variable, steps
steps <- read.csv(file = "steps_data2.csv")

# Plot a bar graph of the steps data
ggplot(steps, aes(x = Month, y = Number_of_Steps)) +
  geom_bar(stat="identity") + ggtitle("Number of Steps in 2021")
```



Summary of Findings: My monthly step target is 225,000 which means an average of 7,500 steps a day. I started off the year energetically, with over 200,000 steps for the first five months. However, after that my physical activity became inconsistent and I ended the last two months of the year with less than 200,000 steps per month. I hope to better in 2022!