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Summarize the most important steps you took in cleaning up your data in a short (1 page max) document. You may use any format of your choice (R Markdown, Google Docs, Word etc).

1. Exported activity and sleep data by month from FitBit as csv files
2. Used R to combine 4 months of activity data into 1 file using rbind
3. Used R to combine 4 months of sleep data into 1 file using rbind
4. Spotted issues in using cbind to merge activity and sleep data:
   1. Dates did not match up as on some occasions, sleep did not start until after midnight
   2. 3 naps over the 4-month period meant that there were more rows in the sleep file than in the activity file
   3. There was no sleep recorded on October 31 as the device was charging and was not worn
5. After discussion options with my mentor Mhairi, I decided to, using Excel:
   1. Add a separate “date” column to the sleep data to account for evenings on which sleep didn’t begin until after midnight
   2. Remove recorded naps
   3. Merge sleep and activity data
6. I then went back to R to rename column names to remove spaces and uppercase letters using colnames