Project Big Data - Group 22

Fitibt Analysis Report

Yildiz, Damla	Akaçık, Onder	Giaj Levra, Federico
2755457	Student number	2674188

3 July 2022

Contents

0.1 Introduction 1
0.2 Research questions 1
0.2.1 Calories 1
0.2.2 Sleep 1
0.2.3 Activity Days 1
0.3 Analysis 1
0.3.1 Calories 1
0.3.2 Sleep 1
0.3.3 Activity Days 1
0.4 Conclusion 1

0.1 Introduction

[?] [?]

0.2 Research questions

0.2.1 Calories

0.2.2 Sleep

The Kaggle data for Fitbit includes sleep data for the users.
What are the sleep habits of the fitbit users?
What are the activity habits of those who sleep the best and the worst?
Is there an actionable way of improving sleep quality of those who sleep poorly?

0.2.3 Heart Rate

0.2.4 Activity Days

0.3 Analysis

0.3.1 Calories

0.3.2 Sleep

0.3.3 Heart Rate

0.3.4 Activity Days

0.4 Conclusion