PROJECT 1

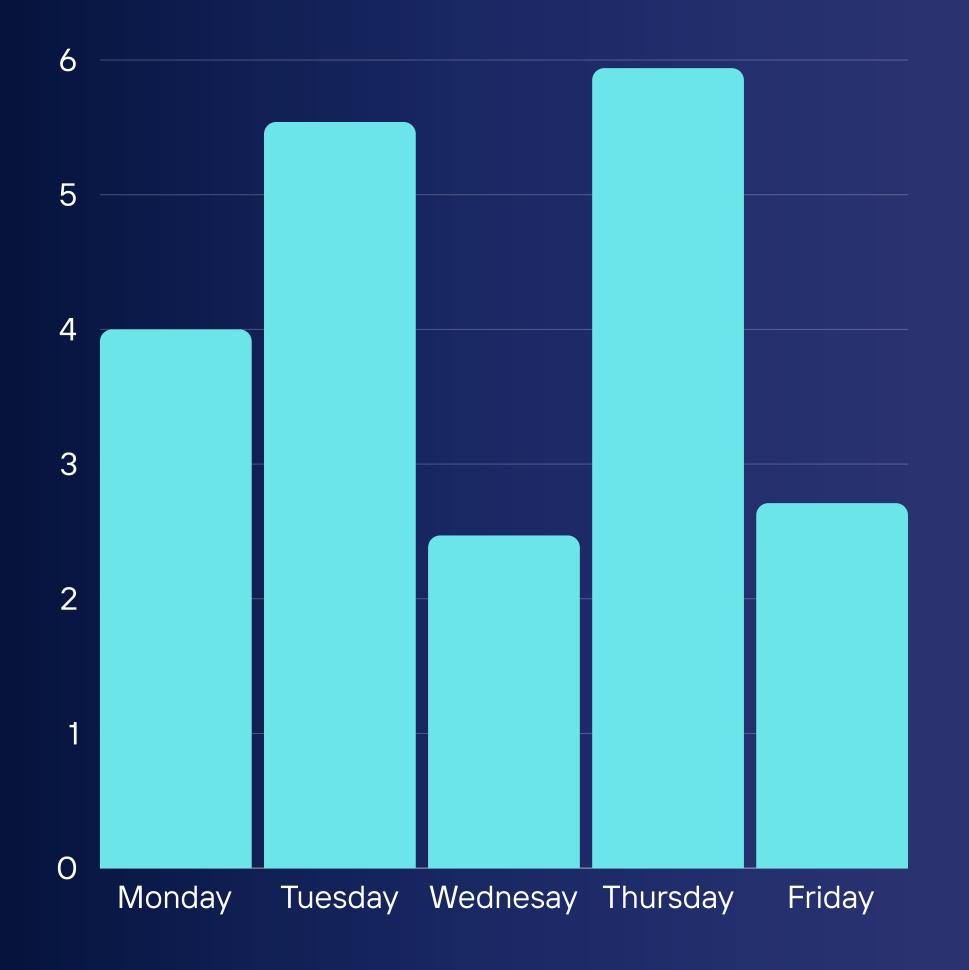Structured Approach to Data Analytics

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Definition of a problem

▶ I am not physically active enough.
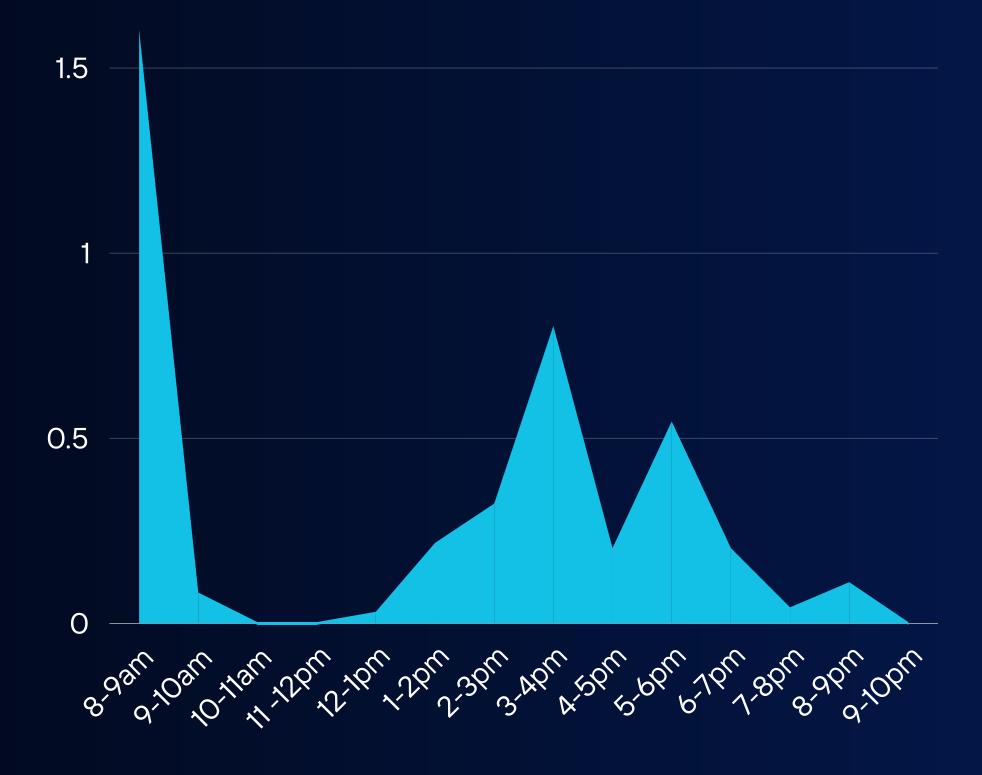
▶ Walk 6km every day.

Questions to determine and help solve problem

▶ What encourages me to walk everyday?

▶ What stops me from walking 6km everyday?

▶ What are the obstacles and how I could overcome them?

Distance (km) walked each day within 5 consecutive days

Average distance (km) walked per daytime intervals based on 5 consecutive days

Analysis results and conclusion

1

80% of time I'm not achieving my goal.

2

Distances looked better at the beginning of a week. Then later from the middle of a week my walking significantly decreased. Thursday was an exception (outlier), because I had to walk a lot due to urgent commitments.

3

I walked more in the mornings, then throughout a day my walking distances went down.

4

Conclusion:
- Feeling more energetic in the beginning of a week and in the mornings rather than later in a week and afternoon onwards.
- Spent less time on physical activity moving forward due to incoming amount of work/studies, poor time management and cumulative fatigue .

Solution and actions

Time management, adjusting schedule and prioritization

Dividing work/studies into proportional parts/sprints throughout a day/week, avoiding overload and exhaustion. Allocation of certain amount of time for specific tasks and adherence to this schedule. Taking timely breaks and then allocating more time in the middle of a day for walking. Subsequently I would be less stressed and tired and probably manage to do evening walks as well.

Working on consistency and discipline

Consider using fitness/distance tracker apps to track my progress and remind me periodically of my results. Set reminders to keep me up-to-date with achieving my targets.