Power BI Analysis

This Power BI Analysis tells the data collected from the 18 datasets. I observed that the primary focus of the analysis is to identify trends in user activity, fitness behavior, and health indicators using a variety of visualizations.

The datasets were used in this report:

- dailyActivity_merged

- dailyCalories_merged

- dailyIntensities_merged

- dailySteps_merged

- heartrate_seconds_merged

- hourlyCalories_merged

- hourlyIntensities_merged

- hourlySteps_merged

- minuteCaloriesNarrow_merged

- minuteCaloriesWide_merged

- minuteIntensitiesNarrow_merged

- minuteIntensitiesWide_merged

- minuteMETsNarrow_merged

- minuteSleep_merged

- minuteStepsNarrow_merged

- minuteStepsWide_merged

- sleepDay_merged

- weightLogInfo_merged

Visualizations:

The visualizations I created in Power BI for each dataset:

dailyActivity_merged - TotalSteps vs Calories (Bar Chart)

dailySteps_merged - TotalDistance by Id (Column Chart)

weightLogInfo_merged - Weight vs BMI (Scatter Chart)

sleepDay_merged - TotalMinutesAsleep vs TotalTimeInBed (Line Chart)

hourlySteps_merged - Steps over Time (Line Chart)

hourlyCalories_merged - Calories per Hour (Line Chart)

heartrate_seconds_merged - Heart Rate Fluctuations (Line Chart)

minuteStepsNarrow_merged - Step Intensity Distribution (Bar Chart)

minuteCaloriesNarrow_merged - Calories Burned per Minute (Line Chart)

minuteMETsNarrow_merged - METs Over Time (Line Chart)

minuteIntensitiesNarrow_merged - Activity Intensity Levels (Column Chart)

minuteCaloriesWide_merged - Calorie Metrics Across Time (Line Chart)

minuteIntensitiesWide_merged - Active Minutes Analysis (Area Chart)

minuteStepsWide_merged - Steps Distribution by Interval (Bar Chart)

minuteSleep_merged - Minute-by-Minute Sleep Tracking (Line Chart)

dailyCalories_merged - Calories Comparison (Bar Chart)

dailyIntensities_merged - Intensity Distribution (Stacked Column)

hourlyIntensities_merged - Intensity Variation Per Hour (Line Chart)