**Fitness Tracker Coach**

This dataset is taken from Kaggle.com here is the link: <https://www.kaggle.com/datasets/arnavsmayan/fitness-tracker-dataset>

The dataset provided contains information from a **fitness tracker** with 1,000,000 entries by various individuals. It records key metrics of physical activity, sleep patterns, and mood, captured across different dates and environments. The data comprises a range of health-related parameters, including steps taken, calories burned, distance traveled, active minutes, and sleep hours, as well as average heart rates during various workouts. Additionally, it captures contextual information such as weather conditions, user location, and mood during activities.

This dataset is ideal for analyzing user behavior and fitness trends, building personalized fitness recommendations, or evaluating the impact of environmental conditions on physical activity and well-being.

The columns include:

* **user\_id**: A unique identifier for each user.
* **date**: The date when the data was recorded.
* **steps**: The number of steps taken by the user.
* **calories\_burned**: Calories expended during activities.
* **distance\_km**: Distance covered in kilometers.
* **active\_minutes**: Duration of activity in minutes.
* **sleep\_hours**: Hours of sleep logged.
* **heart\_rate\_avg**: Average heart rate during the activity.
* **workout\_type**: Type of workout (e.g., walking, running).
* **weather\_conditions**: Weather during the activity (e.g., clear, rain).
* **location**: The place where the activity occurred (e.g., park, office).
* **mood**: The user's self-reported mood (e.g., happy, tired).

This dataset provides a comprehensive look at daily fitness and health-related behavior, enabling deep analysis into the factors influencing physical activity, wellness, and emotional states.