Teen Health Analysis Project – Summary Report

Project Title: Teen Health Analysis Using Python

Objective:
Analyse how steps, water intake, sleep, calories, and mental
health relate to Body Mass Index (BMI) in teenagers.

Dataset:
• 500 synthetic teen records (age, gender, BMI, habits)

Key Findings:
• More daily steps are linked to slightly lower BMI.
• Water intake shows a weak inverse relation with BMI.
• Sleep and mental-health scores have minimal direct effect.

Tools Used:
Python, pandas, matplotlib, seaborn

Completed: July 2025