

Data Analytics Process Project

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Description :

**I am using data
analytics in my
gym.**



Plan

First, I define my goals and objectives. What do I want to achieve in the gym? How do I build muscle, improve endurance, or lose weight? Set clear and measurable goals that I can track.



Prepare

Next, I gather the necessary data and collect data about my workouts, such as the exercises I perform, the number of sets and reps, and the weights I use. I use a fitness tracker app to record my data.



Process

**Then, I sort and clean up my data.
Ensure the accuracy and consistency of
my data. I should remove any mistakes
or duplicates and organize my data so
that it is simple to analyse.**



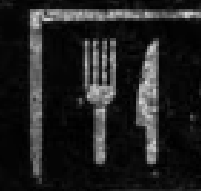
Analyze

I analyse my data using data analytics tools. I examine my exercise data for patterns and trends. Identify which exercises are most helpful in reaching my targets and which ones need to be improved.



Share

I inform a trainer or gym buddy about my results. I talk over my data with someone who can assist me in interpreting the results. They could have insights or recommendations that I hadn't considered.



EAT



SLEEP



GYM



REPEAT

Act

Finally, I use my statistics to decide how to best approach my training. Depending on my results, modify my fitness plan. The level of daily workouts may need to be increased, for instance, if I see that I am not progressing in a particular area.



The End

Thank You