

2-Paragraph “News” Story

Fitbit users have access to a variety of personalized insights, but the application lacks complete information on how these data points interact with one another over time. The Fitbit-X team created a website, using Javascript and HTML front-end, and Python back-end, that takes in a users’ entire Fitbit health data and outputs in-depth visualizations, trends, and insights tailored specifically to you!

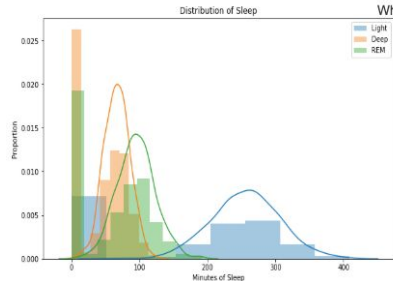
Fitbit-X uses data analysis tools to give you information on how your exercise affects sleep, how you perform on different days of the week, how your resting heart rate varies over time, and more! If you’ve always wanted to know more about your lifestyle, here’s your chance. Take your health to the next level with Fitbit-X!

Your results

These are personalized to YOU!

This will be a lot of information. We suggest that you come up with goals for yourself before looking at these results. Then, once the data has been fully processed, take your time looking through the information! Congratulations on taking the first steps in becoming healthier!

Your Sleep Insights



What is this showing you?

- Left graph: Histogram of how many minutes of sleep during each phase. Line graphs overlaid to show normalization.
- Right graph: Scatter plot of minutes in bed (x-axis) vs. minutes in each stage of sleep on the y-axis and labeled with different colors.
- Sleep is vital for rejuvenation and stabilization of your body. Everybody is different for how much sleep they need, but these are the averages:
- Awake 5-10%, REM 20-25%, Light 50-60%, Deep 20-25%

