SQL Code and Output

```sql
create Database StravaProject;

USE StravaProject;

Select * FROM dailyactivity_merged;
Select * FROM dailycalories_merged;
Select * FROM dailyintensities_merged;
Select * FROM dailysteps_merged;
Select * FROM heartrate_seconds_merged;
Select * FROM hourlycalories_merged;
Select * FROM hourlyintensities_merged;
Select * FROM hourlysteps_merged;
Select * FROM minutecaloriesnarrow_merged;
Select * FROM minutecalorieswide_merged;
Select * FROM sleepday_merged;

```

Output

Action Output

#	Time	Action	Message
1	13:23:35	USE StravaProject	0 row(s) affected

```sql

    -- 1. Average Daily Steps per User

    SELECT Id, AVG(TotalSteps) AS avg_daily_steps
    FROM dailyactivity_merged
    GROUP BY Id;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

Id	avg_daily_steps
1503960366	12116.7419
1624580081	5743.9032
1644430081	7282.9667
1844505072	2580.0645
1927972279	916.1290

Result 1

```sql
-- 2. Top 5 Most Active Days Across All Users (by Total Steps)

SELECT ActivityDate, SUM(TotalSteps) AS total_steps
FROM dailyactivity_merged
GROUP BY ActivityDate
ORDER BY total_steps DESC
LIMIT 5;
```

Result Grid | Filter Rows: | Export: | Wrap Cell Content: | Fetch rows:

ActivityDate	total_steps
5/1/2016	72177
4/30/2016	66490
4/12/2016	55683
4/14/2016	54729
4/23/2016	54419

Result 2

```sql
-- 3. Calories vs Steps Correlation

SELECT a.Id, a.ActivityDate, a.TotalSteps, c.Calories
FROM dailyActivity_merged a
JOIN dailyCalories_merged c ON a.Id = c.Id AND a.ActivityDate = c.ActivityDay;
```

Result Grid | Filter Rows: | Export: | Wrap Cell Content: | Fetch rows:

ActivityDate	total_steps
5/1/2016	72177
4/30/2016	66490
4/12/2016	55683
4/14/2016	54729
4/23/2016	54419

Result 2

```sql
-- 4. User-wise Total Calories Burned

SELECT Id, SUM(Calories) AS total_calories
FROM dailycalories_merged
GROUP BY Id
ORDER BY total_calories DESC;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

Id	total_calories
1644430081	84339
2022484408	77809
1927972279	67357
1503960366	56309
1844505072	48778
2026352035	47760
1624580081	45984

```sql
-- 5. Top 5 Average daily Very Active Minutes

SELECT AVG(VeryActiveMinutes) AS avg_very_active_minutes
FROM dailyactivity_merged
GROUP BY Id
order by avg_very_active_minutes DESC
LIMIT 5;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content: | Fetch rows:

avg_very_active_minutes
38.7097
36.2903
9.5667
8.6774
1.3226

```sql
-- 6. Average daily step count

SELECT AVG(StepTotal) AS avg_dailysteps
FROM dailysteps_merged
GROUP BY Id
order by avg_dailysteps DESC
LIMIT 10;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

avg_dailysteps
12116.7419
11370.6452
7282.9667
5743.9032
5566.8710
2580.0645
916.1290

```sql
-- 7. Average heart rate

SELECT AVG(StepTotal) AS avg_dailysteps
FROM dailysteps_merged
GROUP BY Id
order by avg_dailysteps DESC;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

avg_dailysteps
12116.7419
11370.6452
7282.9667
5743.9032
5566.8710
2580.0645
916.1290

```sql
-- 8. Average hourly calories

SELECT ID, AVG(calories) AS avg_hourlycalories
FROM hourlycalories_merged
GROUP BY Id
order by avg_hourlycalories DESC;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

avg_dailysteps
12116.7419
11370.6452
7282.9667
5743.9032
5566.8710
2580.0645
916.1290

```sql
-- 9. Average hourly intensity

SELECT Id, AverageIntensity
from hourlyintensities_merged
order by AverageIntensity DESC;

```

Result Grid | Filter Rows: | Export: | Wrap Cell Content: | Fetch rows:

Id	AverageIntensity
1624580081	2.816667
1624580081	2.783333
1503960366	2.65
2022484408	2.616667
2022484408	2.616667
2022484408	2.583333
2022484408	2.516667
1503960366	2.5
1624580081	2.45
2022484408	2.416667
2022484408	2.383333
2022484408	2.366667
2022484408	2.316667
2022484408	2.233333
2022484408	2.216667

hourlyintensities_merged8

```
82      -- 10. hourly steps
83
84 •    select avg(StepTotal) from hourlysteps_merged
85      group by ID;
86
```

Result Grid | Filter Rows: | Export: | Wrap Cell Content:

avg(StepTotal)
522.3794
241.5082
307.8065
109.3598
38.5870
477.8696
233.7880