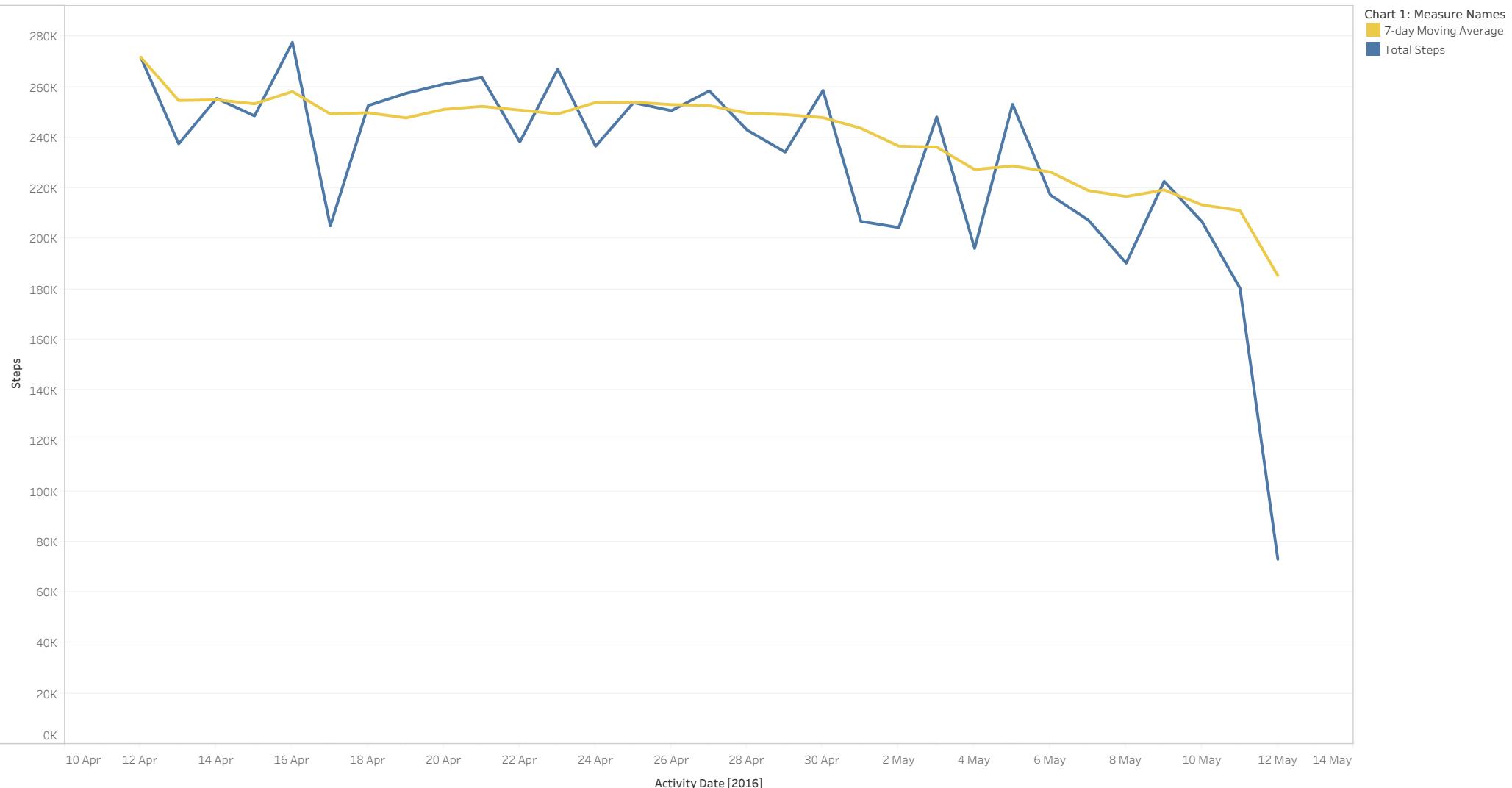


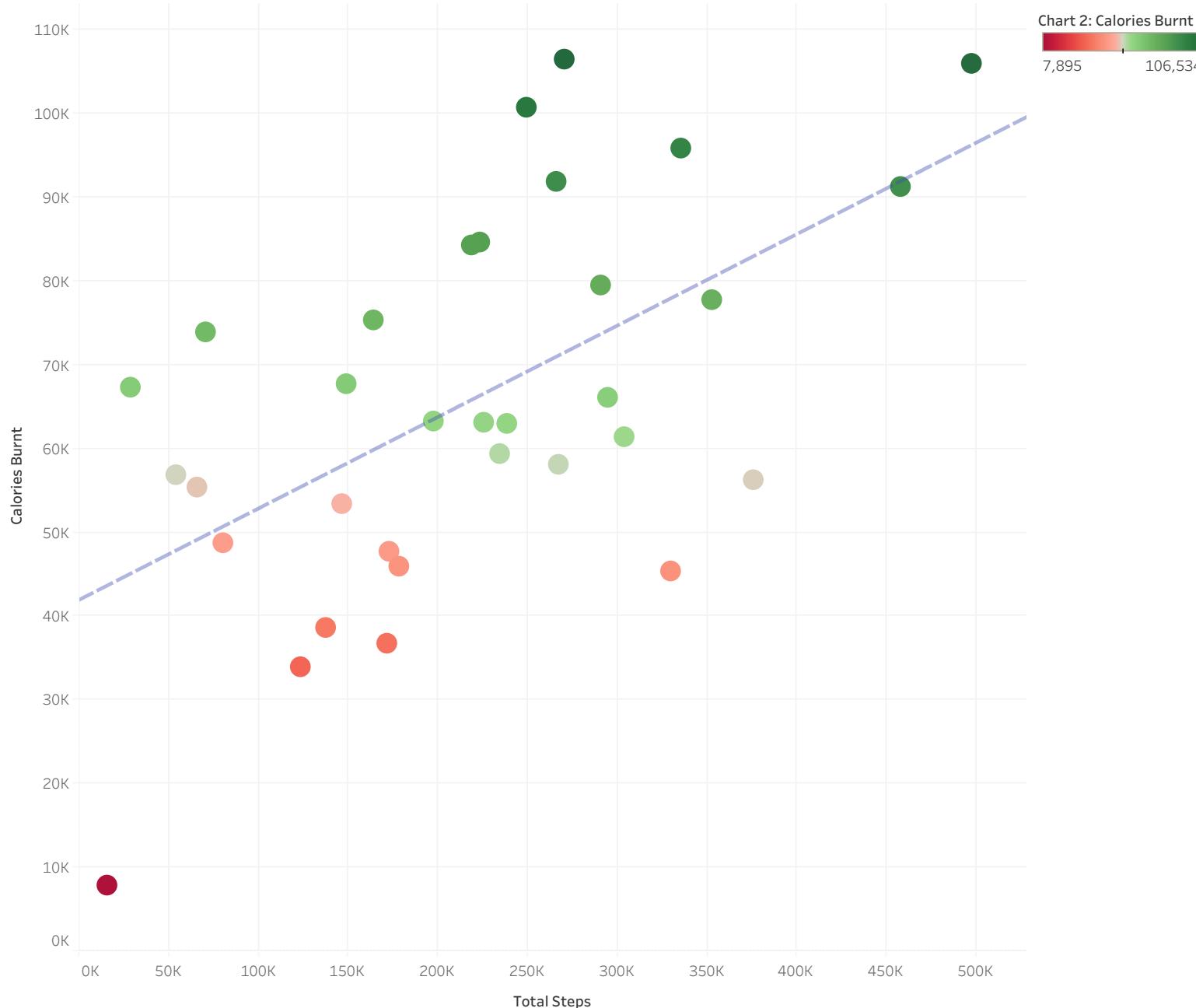
## 1. Daily Total Steps Over Time

Shows overall daily activity trend across the observation period (April–May 2016).



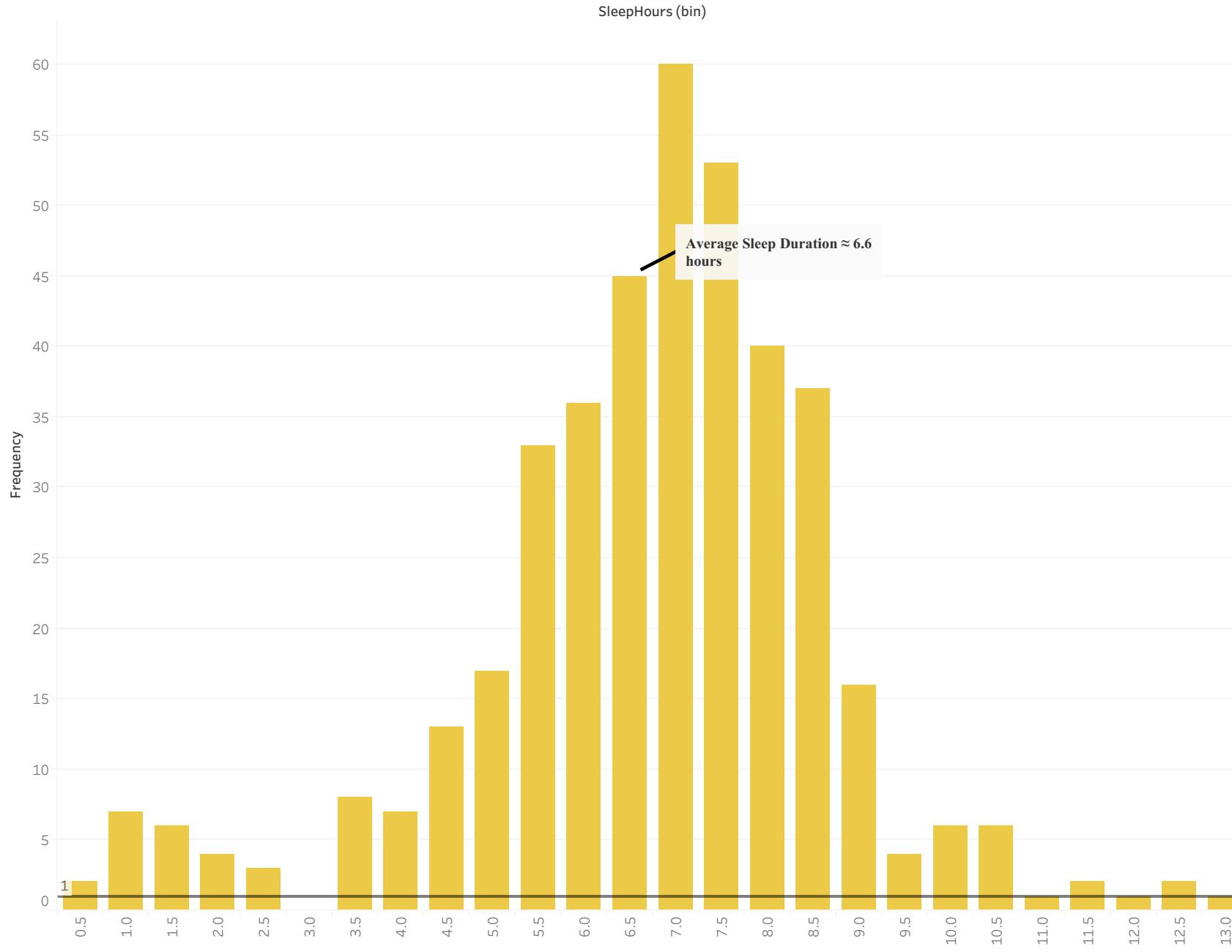
## 2. Calories Burnt vs Total Steps

Show whether people who take more steps burn more calories.



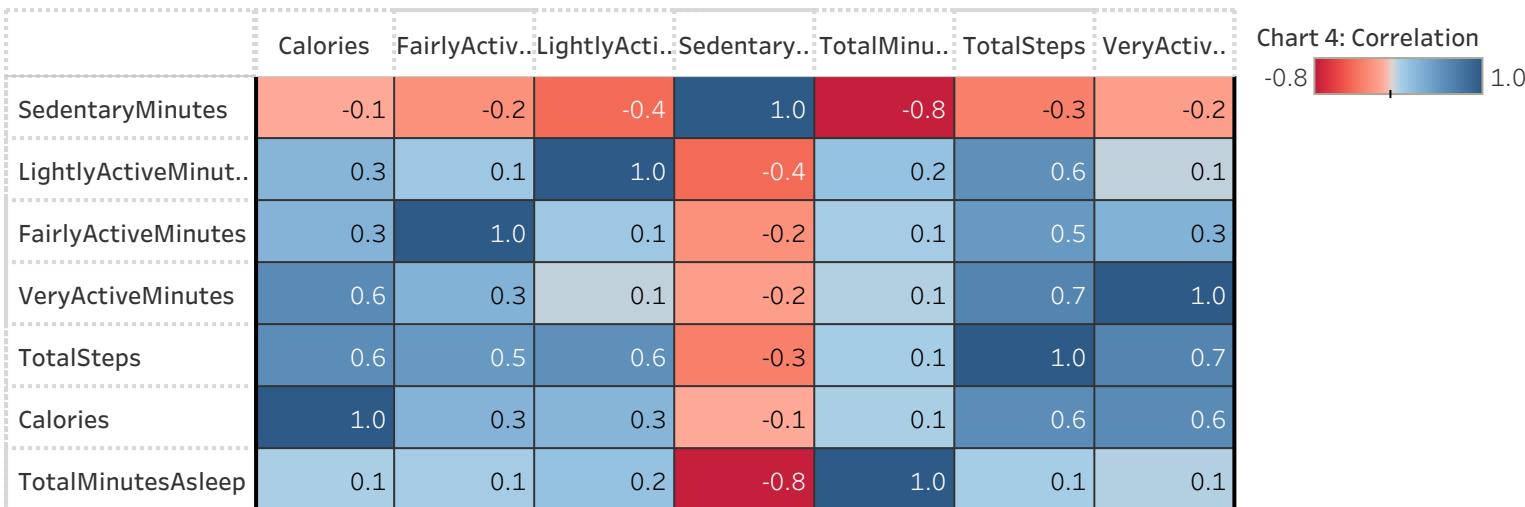
### 3. Distribution of Sleep Duration (Hours)

Show how many hours users typically sleep.



## 4. Correlation Between Activity Metrics

Show how different activity metrics (steps, calories, minutes, sleep) are related — positive or negative correlation. This gives Bellabeat insights into how different habits link together.

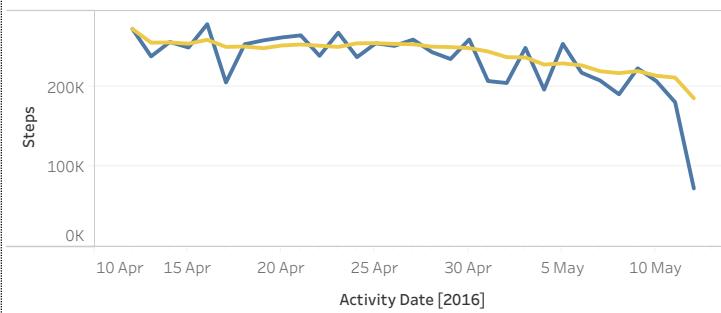


Blue = Positive correlation, Red = Negative correlation.

# Bellabeat Fitness Analysis Dashboard

## 1. Daily Total Steps Over Time

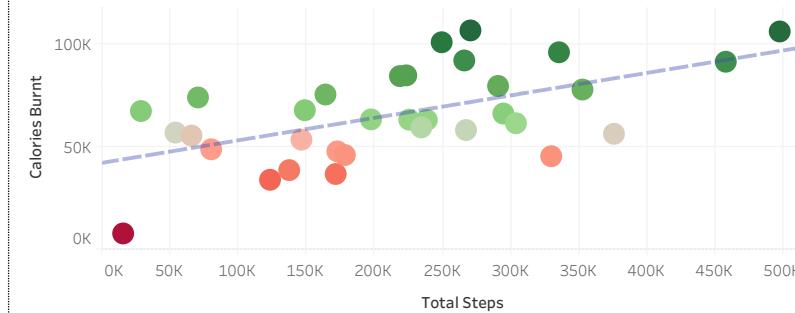
Shows overall daily activity trend across the observation period (April–May 2016).



**Chart 1:** Shows overall daily activity trend across the observation period (April–May 2016).

## 2. Calories Burnt vs Total Steps

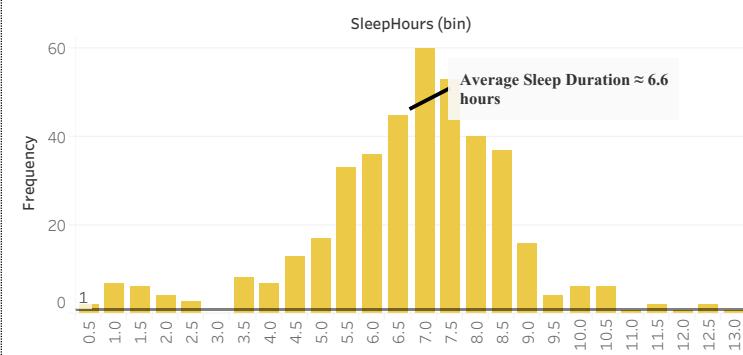
Show whether people who take more steps burn more calories.



**Chart 2:** Demonstrates a positive correlation between total steps and calories burnt – users who take more steps tend to burn more calories.

## 3. Distribution of Sleep Duration (Hours)

Show how many hours users typically sleep.



**Chart 3:** Most users sleep between 6–7 hours per night, with an average of approximately 6.6 hours.

## 4. Correlation Between Activity Metrics

Show how different activity metrics (steps, calories, minutes, sleep) are related — positive or negative correlation. This gives Bellabeat insights into how different habits link together.

	Calories	FairlyActiv..	LightlyActiv..	Sedentary..	TotalMinut..	TotalSteps	VeryActiv..
SedentaryMinutes	-0.1	-0.2	-0.4	1.0	-0.8	-0.3	-0.2
LightlyActiveMinut..	0.3	0.1	1.0	-0.4	0.2	0.6	0.1
FairlyActiveMinutes	0.3	1.0	0.1	-0.2	0.1	0.5	0.3
VeryActiveMinutes	0.6	0.3	0.1	-0.2	0.1	0.7	1.0
TotalSteps	0.6	0.5	0.6	-0.3	0.1	1.0	0.7
Calories	1.0	0.3	0.3	-0.1	0.1	0.6	0.6
TotalMinutesAsleep	0.1	0.1	0.2	-0.8	1.0	0.1	0.1

**Chart 4:** Highlights relationships among activity metrics (steps, calories, sleep, intensity). Strong positive correlation between steps & calories, weak correlation with sleep.

Chart 1: Measure Names
7-day Moving Average
Total Steps
Chart 2: Calories Burnt
7,895
106,534
Chart 4: Correlation
-0.8
1.0