

FitPulse Health Analytics Report

Generated on: 2026-01-28 14:23:07

Dataset Overview

Metric	Value
Rows Loaded	83
Users	11
Days	15
Avg Heart Rate	76.3
Start Date	2016-03-29
End Date	2016-04-12

Sample Records

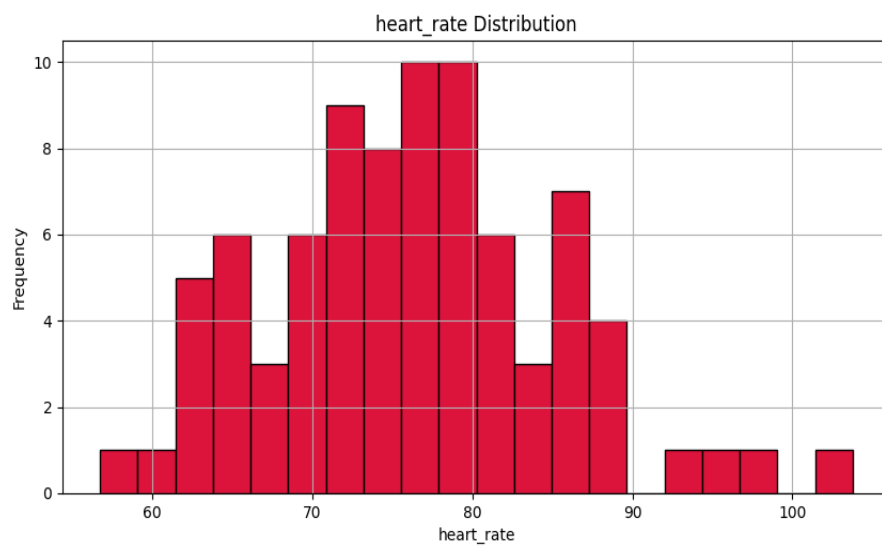
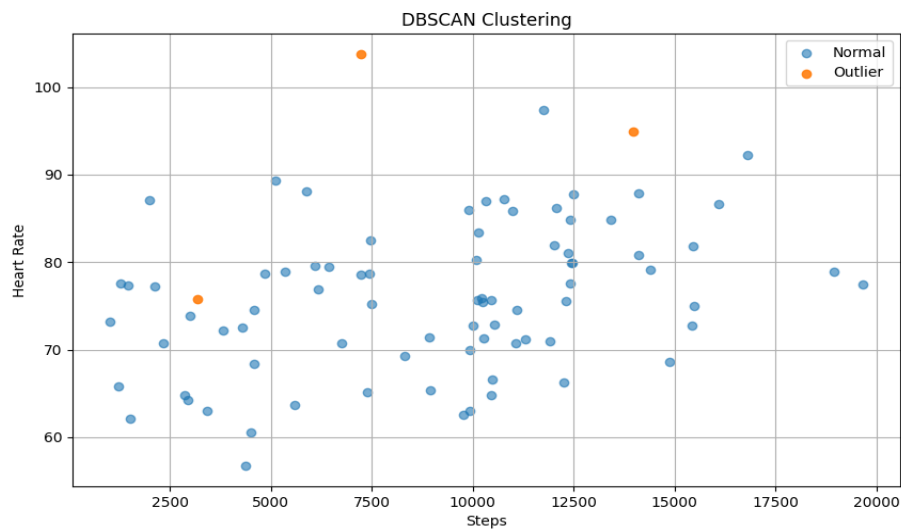
user_id	date	steps	heart_rate	sleep
2026352035	2016-04-02 00:00:00	1229	65.77904328018224	8.8
2347167796	2016-03-29 00:00:00	10272	71.26422038813294	7.03
2347167796	2016-03-30 00:00:00	10533	72.8351946221403	7.87
2347167796	2016-03-31 00:00:00	6760	70.71195714122877	8.62
2347167796	2016-04-01 00:00:00	8328	69.23438047413289	6.23
2347167796	2016-04-02 00:00:00	15459	81.77557003257328	6.95
2347167796	2016-04-03 00:00:00	7485	75.25428871513596	9.65
2347167796	2016-04-04 00:00:00	10254	75.46544715447155	7.87
2347167796	2016-04-05 00:00:00	10114	75.66260120938813	6.58
2347167796	2016-04-06 00:00:00	11107	74.52076640660853	6.2

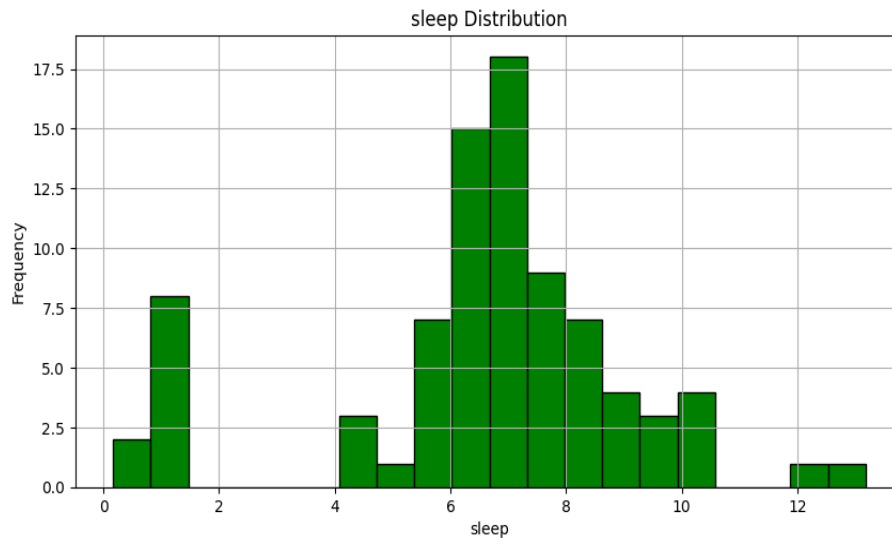
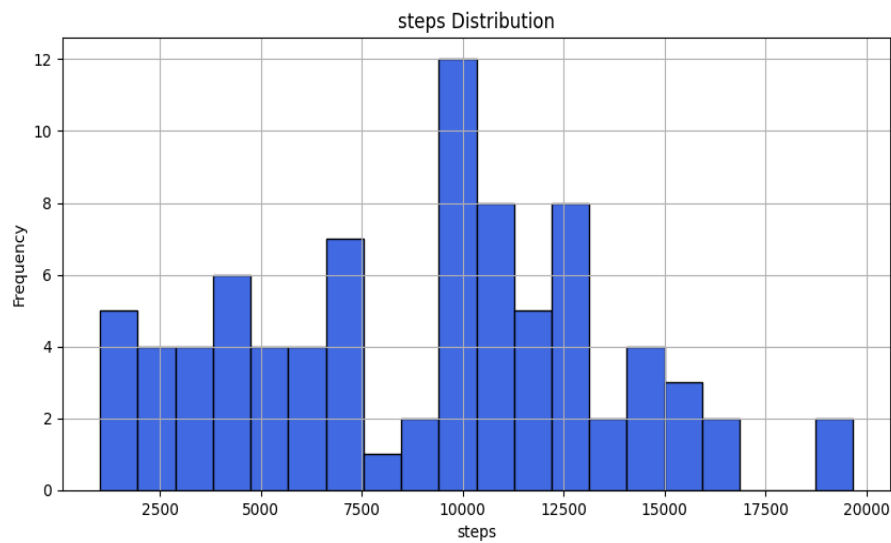
Anomaly Summary

user_id	metric	count	severity
2347167796	sleep_high	1	Low
2347167796	sleep_low	2	Low
4020332650	sleep_low	1	Low
4558609924	dbscan_outlier	1	Low
4558609924	sleep_low	1	Low
5553957443	sleep_high	4	Low

user_id	metric	count	severity
6117666160	sleep_low	1	Low
6775888955	dbscan_outlier	2	Low
6775888955	sleep_low	1	Low
7007744171	sleep_low	4	Low

Visual Analytics





Health Recommendations

user_id	issue	severity	recommendation
2347167796	Excessive sleep duration	Low	Excess sleep may indicate fatigue or health issues.
2347167796	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.
4020332650	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.
4558609924	Unusual health pattern	Low	Monitor trends closely; consider lifestyle adjustments.
4558609924	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.
5553957443	Excessive sleep duration	Low	Excess sleep may indicate fatigue or health issues.
6117666160	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.
6775888955	Unusual health pattern	Low	Monitor trends closely; consider lifestyle adjustments.
6775888955	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.

user_id	issue	severity	recommendation
7007744171	Low sleep duration	Low	Aim for at least 7–8 hours of consistent sleep.