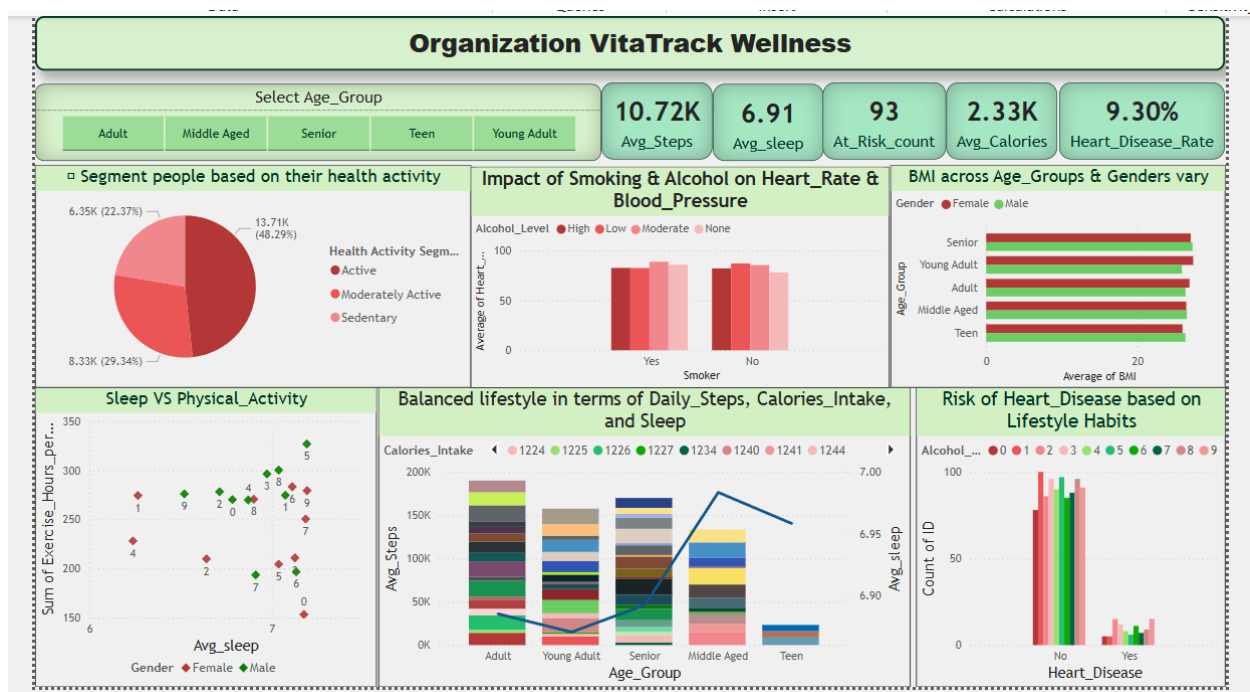To create a **Power BI dashboard** that analyzes user health data to:

- Understand lifestyle balance,

- Identify risk of heart disease,

- Uncover inter-variable relationships,

- Guide personalized wellness strategies.

VitaTrack Wellness Dashboard

KPI Cards (Top Center)

- Avg_Steps: 10.72K – Above average = good activity level

- Avg_Sleep: 6.91 hrs – Slightly below ideal (7–9 hrs)

- At_Risk_Count: 93 – Users flagged based on metrics

- Avg_Calories: 2.33K – Reasonable average, but context dependent

- Heart_Disease_Rate: 9.3% – Significant enough to warrant focused prevention efforts

Slicer: Age Group Filter

- Allows users to drill down insights by age category — Teen, Adult, Senior, etc.

1. Pie Chart: Segment People Based on Their Health Activity

- Insight: Most users fall into the *Moderately Active* (48.29%) category.

- Impact: Indicates that while many are moderately active, a significant portion are *Sedentary* (22.37%) — a target for wellness improvement.

2. Column Chart: Impact of Smoking & Alcohol on Heart Rate & Blood Pressure

- Insight: Smokers generally have a higher average heart rate, especially those with higher alcohol levels.

- Impact: Highlights combined negative effects of smoking and alcohol on cardiovascular health — useful for risk messaging.

3. Bar Chart: BMI Across Age Groups & Genders

- Insight: BMI is fairly consistent across genders, with some increase in older age groups (Senior, Adult).

- Impact: Helps identify at-risk age groups for overweight or obesity-related issues — potential for age-based health interventions.

4. Scatter Plot: Sleep vs Physical Activity

- Insight: A mix of patterns, but generally users with more sleep also show slightly higher physical activity (especially exercise hours).

- Impact: Suggests a positive correlation — balanced sleep may support better physical activity levels. Can be used in promoting holistic routines.

5. Combo Chart: Balanced Lifestyle (Daily Steps, Calories Intake, Sleep)

- Insight: Adult and Young Adult groups have higher steps and calorie intake. Sleep is relatively steady but slightly dips in Teens.

- Impact: Useful for identifying gaps — Teens might need sleep education; Adults might need calorie control. Supports personalized wellness plans.

6. Column Chart: Risk of Heart Disease Based on Lifestyle Habits

- Insight: Higher alcohol levels are more common among users without heart disease, but still present in the "Yes" group. Lifestyle factors like low alcohol/smoking may correlate with lower risk.

- Impact: Highlights patterns in at-risk populations. Can drive education on moderation and lifestyle control.

Overall Dashboard Impact:

- This dashboard enables targeted interventions by revealing which groups are at risk and how lifestyle patterns relate to wellness.

- It supports personalized health advice, early detection of risks, and prioritization of resources (e.g., targeting sedentary adults or educating teens on sleep).