Findings:

1. Half of the users walk fewer than ~7,400 steps per day — below the commonly recommended 10,000 steps.
2. Distance traveled is closely correlated with steps. The average user travels ~5.5 km/day.
3. Users are sedentary for most of the day. This highlights a health concern — long sedentary periods ~1,057 minutes (~17.6 hours)
4. Most users have only one sleep session per day, but a few may nap or track segmented sleep (up to 3 sessions).
5. Most users get around 419.5 minutes (~7 hours) of sleep, which aligns with health guidelines (but some sleep less than 1 hour — possible outliers).
6. There’s a gap between time in bed and actual sleep, suggesting some time spent awake (e.g., ~30–40 min).
7. More steps generally mean fewer sedentary minutes, especially up to ~12,000 steps.
8. Some users show high steps and high sedentary time—likely due to long walks followed by prolonged sitting (e.g., gamers, drivers, office workers).
9. More time in bed generally results in more sleep.
10. High Sleep Efficiency - Most users sleep efficiently, especially in the 300–600-minute range.
11. Visible Outliers - Some users spend a long time in bed but sleep less — possibly due to restlessness, insomnia, or device tracking gaps.
12. Low Sleep, High Distance - A few users covered long distances (10–20 km) with very little sleep (< 200 minutes). Could indicate highly active users with irregular sleep — e.g., shift workers or athletes.
13. High Sleep, Low Distance - Some users slept over 600 minutes (10+ hours) but covered very little distance, suggesting sedentary behavior or rest days.
14. Scattered Points Outside Core Cluster - These indicate inconsistent activity-sleep patterns that deviate from the typical 300–500 minutes sleep + moderate activity range.