**📝 Project Title:**

**Effect of Caffeine on People Dashboard**

**📌 Description:**

This interactive **Power BI dashboard** analyzes the impact of caffeine consumption on people’s health. The dataset includes:

* Country of residence
* Age, gender, occupation
* Daily coffee and caffeine intake (mg)
* Sleep duration and quality
* Stress levels and physical activity
* Heart rate data

The report highlights key health metrics and visual trends, helping to understand the relationships between caffeine intake and overall well-being.

**🔍 Key Insights:**

1. **General Metrics:** Average caffeine intake, sleep duration, heart rate, and physical activity.
2. **Stress & Activity:** Stress level distribution and its correlation with caffeine consumption.
3. **Demographics:** Gender and age group comparisons, top 5 countries by caffeine consumption.
4. **Geography:** Interactive map for country-level insights.

**📊 Report Pages:**

1. **Overview:** Key metrics and overall statistics.
2. **Stress Level:** Stress levels, activity patterns, and caffeine impact.
3. **Demographics & Geography:** Gender, age group, and country analysis.

**🛠️ Tools & Technologies:**

* **Power BI Desktop**
* **DAX (Data Analysis Expressions)** for custom measures
* Power Query for data cleaning and transformation
* Themed visuals for professional design

**🎯 Purpose:**

This dashboard can be used for:

* Health impact analysis of caffeine consumption
* Business reporting for wellness & nutrition sectors
* Educational purposes and Data Analyst portfolio projects