Lies, Damn Lies, and Correlations
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3,350,688 steps

-0.9 kg

small but significant negative correlation between room temperature and sleep quality
air quality ➔ sleep ➔ activity level ➔ body weight ➔ resting heart rate ➔ sleep ➔ air quality

?
Bedroom  58%  1011.7 hPa  41 dB
-122.361, 47.627  12 hours ago  22.1 C  ★★★★★★★
I used to think correlation implied causation.

Then I took a statistics class. Now I don't.

Sounds like the class helped.

Well, maybe.
Sum of calories burned over the previous $n$ days

Resting Heart Rate

correlation = 0

Sum of calories burned over the previous $n$ days
body temperature?

light?

blood tests?