**Example - data**

1. Make groups
2. Explore the data
3. Examine the dataset provided, look at the variables, values, and overall structure of the data.
4. Formulate hypothesis
5. Decide on a question or hypothesis you want to explore. What do you hope to discover or confirm using the data?
6. Select relevant data
7. Identify which variables are most relevant to your hypothesis. Choose only the data you need to focus your analysis.
8. Conduct data analysis
9. Analyze the selected data. Look for trends, patterns, or relationships between variables that might support or refute your hypothesis.
10. Interpret the results, based on your analysis, interpret what the data shows.
11. Make recommendations

Example Project

Topic: Frailty

Hypothesis: I am interested in understanding the relationship between whole-body bone density and a 6-minute walk test, which measures muscle endurance.

My hypothesis is that there may be a link between bone density and endurance in older adults.

Variable Selection: I will focus on two key variables:

* Whole-body bone density (WBTOT\_BMD)
* 6-minute walk distance (6MWT)

Data Selection: From the dataset, I will select individuals aged 70–80 to keep the analysis relevant to my topic