Business Report:

Our organization, a fitness center, utilizes a dashboard based on tables that contain extensive data on trainees, including details about their physical activities, personal information, and accompanying metrics for efficient analysis and management. This setup enables efficient monitoring of member activities and business metrics, offering tailored dashboards for both management and trainees to optimize performance.

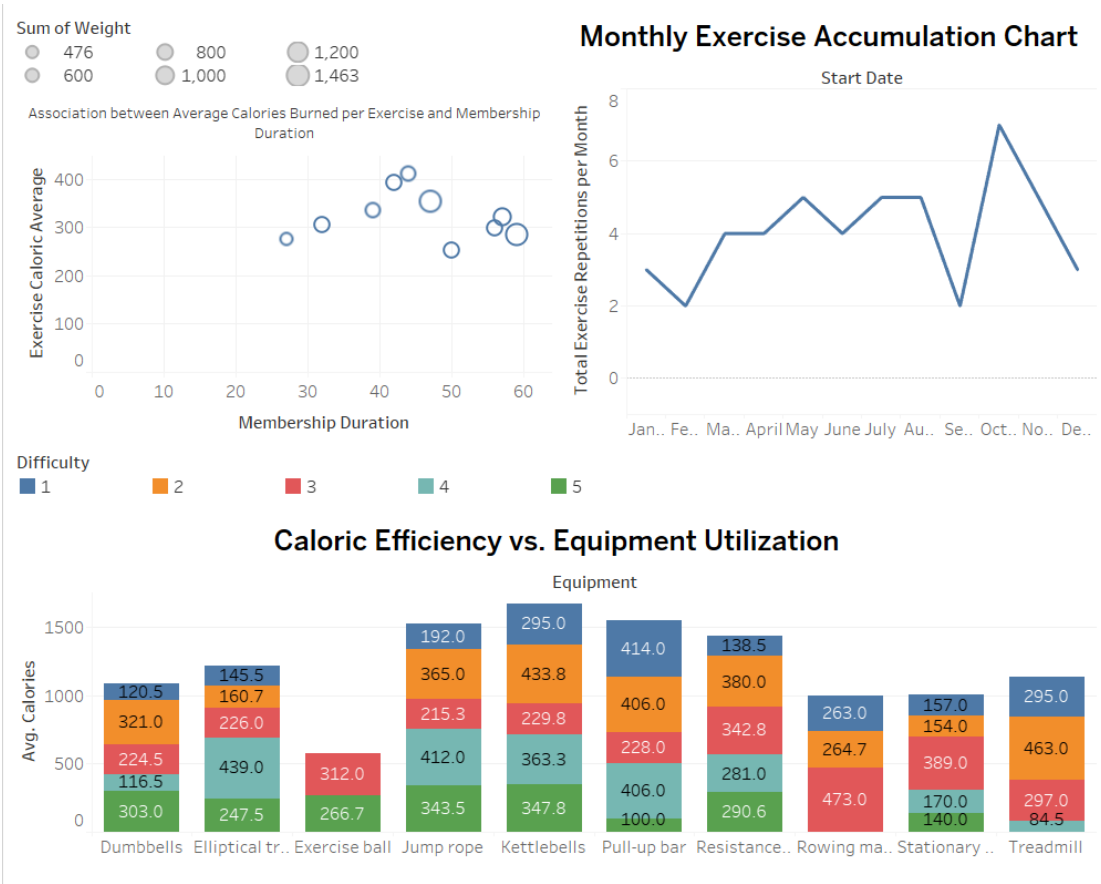
From this data, we analyze two Dashboards:

1 .For management

2 .For trainees

Dashboard – Trainees:

The main goal of the dashboard is to address the needs of trainees in the fitness center with comprehensive insights into their training routines. By visualizing data on their membership period at the fitness center, their calorie burn per equipment used in training, and the various difficulty levels they train at, it allows users to make informed decisions to improve their workouts. This platform enables tracking of progress, identification of areas for improvement, and ultimately maximizes the efficiency of the trainees' workouts, leading to better outcomes.



This dashboard is crucial for both trainees and the fitness center because it provides important insights regarding the participants' physical activity routines. This comprehensive

understanding allows users to make informed decisions to enhance their training efficiency, track progress, and identify areas for improvement.

One question the dashboard addresses is whether there is a relationship between the duration of the user's membership and the frequency of their gym attendance (which leads to increased calorie burn)?

This question is critical for the fitness center as it delves into the relationship between membership duration, frequency of workouts, and consequently, calorie burning. Understanding whether the length of a fitness center membership affects the frequency of workouts (increasing or decreasing), and consequently whether it leads to higher or lower calorie burning, provides important insights about the trainee's training plans, their motivation, etc. Addressing this question can lead to improved satisfaction rates, retention rates, and overall success for the fitness center.

The graph shows that users with a membership of more than 60 days burn an average of 1,463 calories, while those with a membership between 25-45 days burn an average of 600 calories.

These insights are critical both for fitness trainees and the fitness center itself, as it offers important insights about the trainees' physical activity routines. Comprehensive understanding allows trainees to make informed decisions to improve the effectiveness of their workouts, to follow progress, and to identify areas for improvement. For trainees in the fitness center, this data highlights the importance of consistent attendance at the gym to achieve fitness goals and ultimately contribute to trainee satisfaction and the overall success of the center.

Another question we answer is how does the average calorie expenditure, measured in repetitions, vary over the months?

This information is vital as it provides insights into trends or patterns of trainees' workouts over different months. Understanding how calorie burning changes over time can help the management of the fitness center analyze what happened in certain months where trainees' workouts were less effective (according to the number of repetitions and average calorie burn accordingly) and make significant programs regarding the effectiveness of their workouts.

The results indicate a decrease in average calorie expenditure per repetition in the months of February and September, while an increase is observed in November. The fitness center can analyze what happened during these months, perhaps identifying specific events or factors that negatively influenced the participants' workouts. By understanding why the workouts were less effective on average during these months, the fitness center can make necessary changes to ensure that in these months trainees increase their number of repetitions, thus burning more calories accordingly.

Another question the dashboard answers is how does the choice of gym equipment affect caloric expenditure, considering the difficulty level of each exercise with the appropriate equipment?

This question is critical for the fitness center in the context of trainees as it provides insights into the effectiveness of various fitness devices in terms of calorie expenditure and difficulty level. Understanding how different types of workout equipment affect calorie burning and the difficulty level of training helps the fitness center tailor its equipment and training programs to better meet the needs and preferences of trainees. By identifying the most efficient and suitable equipment for different goals and fitness levels, the fitness center can improve trainee satisfaction, involvement, and overall training experience.

From analyzing the data, the results show that exercises with kettlebells burn the most calories at the highest difficulty level (level 5). Furthermore, workouts with tension rods burn the most calories at the lowest difficulty level. Additionally, workouts with the elliptical machine burn the most calories at training level 4.

Based on these results, the fitness center should consider tailoring its choice of equipment and training programs based on the findings. This could involve integrating exercises using equipment that yields higher calorie burn rates, especially at different difficulty levels. By optimizing the use of equipment and training programs accordingly, the fitness center can improve the effectiveness of its workouts and lead to greater satisfaction among trainees.