Workout Dashboard

Problem Statement

A personal trainer(s) at a gym faces challenge of tracking progress of a gym member(s) in tracking weights used and repetitions for an exercise performed by the member, resulting in low confidence in trainer(s) as well as member(s) and undiscovered potential. The goal is to address these challenge of tracking progress of the member(s) along with tracking their overall progress towards a healthier being(s) through the development of an insightful Power BI Dashboard.

Solution

With the developed dashboard the personal trainer(s) could track member(s) current weight, current BMI, repetitions for a particular set of an exercise, the weights used for an exercise based on the workout type or body part.

About Dataset

The dataset contains information for a member's height in meters, weight in kilograms, the exercises followed for a workout type, the weights used in workouts, the number of sets and repetitions, resting time between two sets of an exercise and the area to which a particular exercise focuses on. The data was recorded carefully by the personal trainer in form of an excel sheet along with date and week of workout.

Data Cleaning

A new column was created BMI in the dataset which help us understand the Body Mass Index of the member which is determined by the ratio of weight and height of member.

```
1 BMI = Sheet1[Weight_1]/Sheet1[Height in M]
```

KPI's

The following KPI's were present:
1. Maximum Lifted Weight:
   Represents the maximum weight the member has lifted during his training sessions
   Max Lifted Weight = MAX('Workout_Data'[Used Weights])

   MAX Lifted Weight
   130

2. Current weight of the member
   Represents the current weight of the member
   Current Weight = MIN('Workout_Data'[Member Weights])

   Current Weight
   97

3. Current BMI
   Represents the current BMI of the member
   Current BMI = LAST('Workout_Data'[BMI])

   Current BMI
   57.4

4. Total sessions
   Represents the total number of sessions the personal trainer has provided to the member
   Total sessions = DISTINCTCOUNT ('Workout_Data'[Dates])

   Total sessions
   24

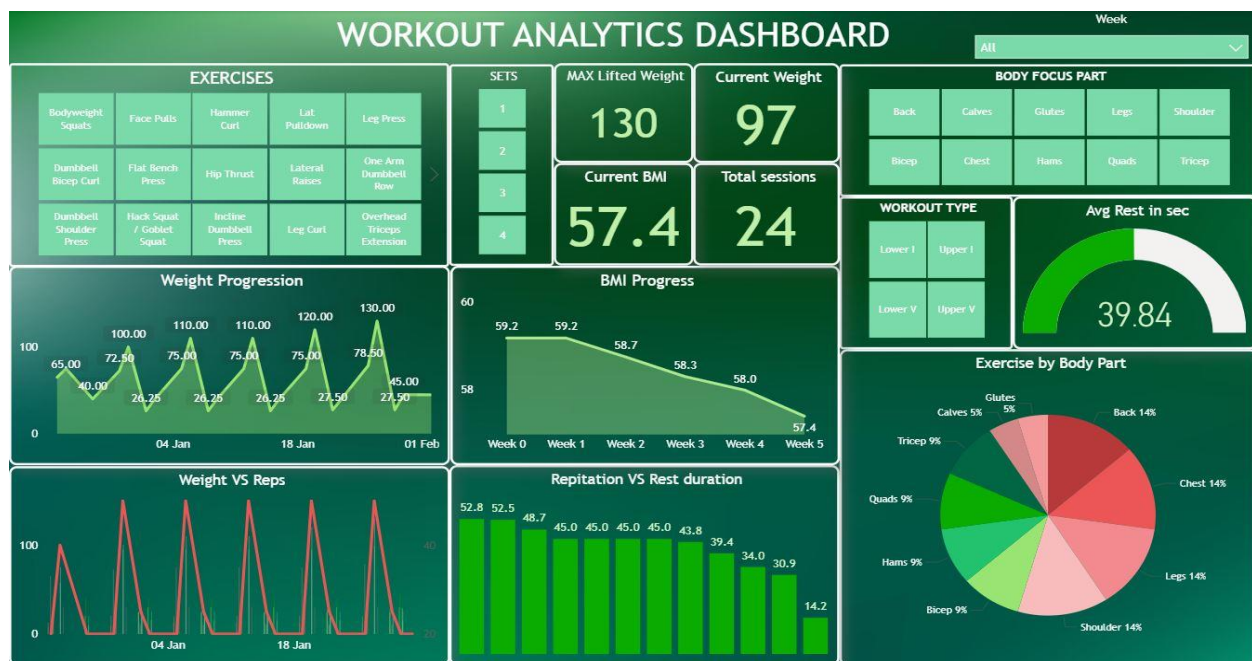5. Average rest duration
   Represents the average resting duration in seconds of the member between sets of an exercise
   Avg Rest in sec = AVERAGE('Workout_Data'[Rest Duration])

   Avg Rest in sec
   39.84

Visualization and Results

Conclusion

This project focus on building a Power BI dashboard to analyze the progress of a gym member by the personal trainer, providing a comprehensive view of key metrics and insights, which will enable the personal trainer to optimize the training strategy, enhance over performance and wellbeing of the gym member.

Key Insights

1. Resting time increases when volume of weight increases or number of repetitions for an exercise increases, lower resting time leads to unsatisfactory performance while workout, could even lead to injury.
2. Weight progression increases with time, suggesting the training strategy works and strength is gained with help of training.
3. Decreasing BMI over the period suggest and healthier lifestyle and over wellbeing of the member.