

## Personalized Workout Dataset Column Description

- **ID:** Unique identifier for each user entry.
- **Sex:** User's gender (Male/Female).
- **Age:** User's age in years.
- **Height:** Height in meters.
- **Weight:** Weight in kilograms.
- **Hypertension:** Indicates if the user has high blood pressure (Yes/No).
- **Diabetes:** Indicates if the user has diabetes (Yes/No).
- **BMI:** Body Mass Index, calculated from height and weight.
- **Level:** User's weight category (e.g., Underweight, Normal).
- **Fitness Goal:** Desired outcome such as Weight Gain, Weight Loss.
- **Fitness Type:** Recommended training focus (e.g., Muscular Fitness, Cardio Fitness).
- **Exercises:** Workouts tailored to the user's profile.
- **Equipment:** Workout equipment used or required.
- **Diet:** User's dietary intake including vegetables, fruits, grains, etc.
- **Recommendation:** Personalized fitness and lifestyle advice based on all features.