

Background

This report analyzes male users who are above 18 years of age. The data has been extracted from the user database, and each user has a verified account.

Introduction

The report focuses on extracting male users who have completed their profile and are older than 18 years as per the database records.

Daily Goals Report

Goal ID	User ID	Goal Description	Goal Type	Target Date	Is Achieved	Created At
1	1	Practice mindfulness for 10 minutes every day.	Daily	2024-10-01	No	2024-09-16 22:24:33
2	2	Go for a walk every evening.	Daily	2024-09-30	Yes	2024-09-16 22:24:33
4	4	Eat 5 servings of fruits and vegetables daily.	Daily	2024-10-05	No	2024-09-16 22:24:33