

# Workout Fitness Tracker



Overview

Performance

## Workout Type

Cardio



Cycling



HIIT



Running



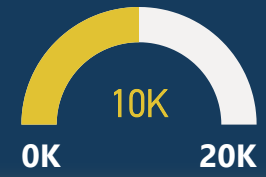
Strength



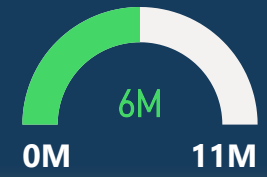
Yoga



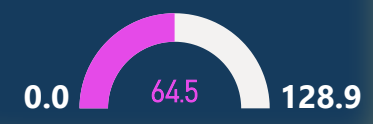
### Total Workout



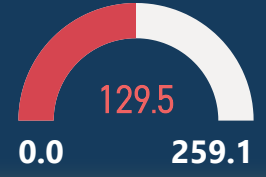
### Calories Burned



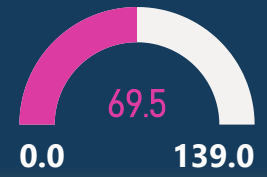
### Avg Workout Duration



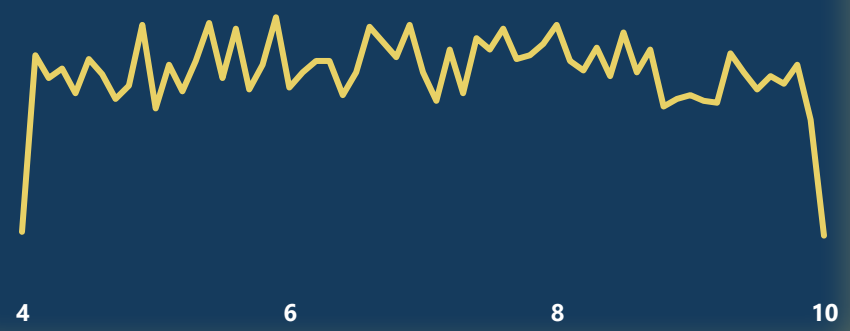
### Avg Heart Rate



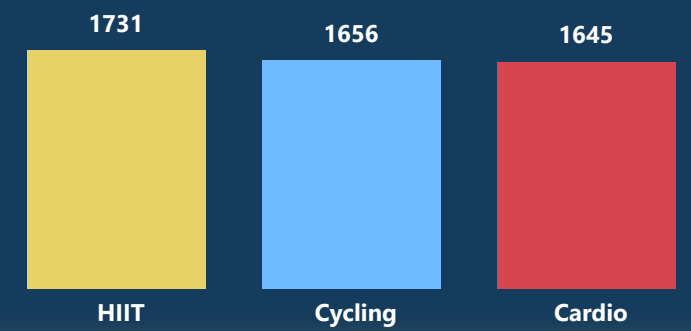
### Resting Heart Rate



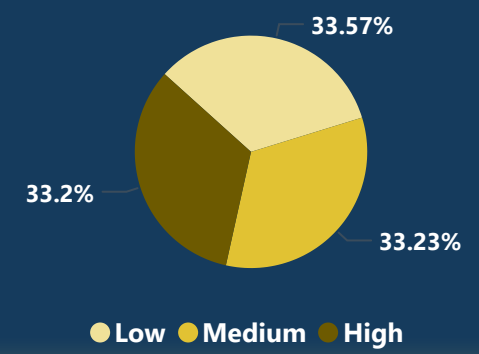
### Users By Sleep Hours



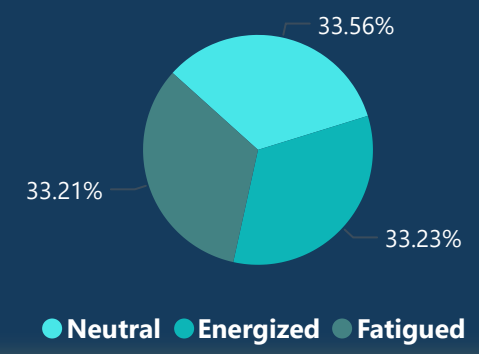
### Calories Burned by Workout Type



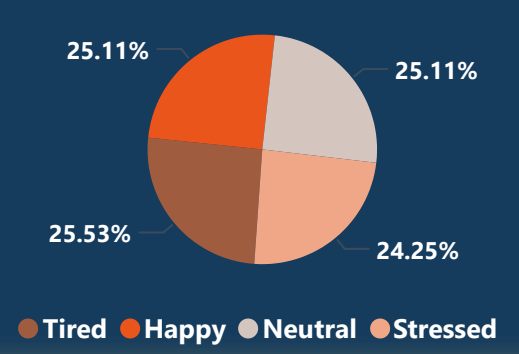
### Users by Workout Intensity



### Users Mood After Workout



### Users Mood Before Workout



# Workout Performance

Overview

Performance

Avg VO2 Max

38.4

Avg Steps Taken

10.5K

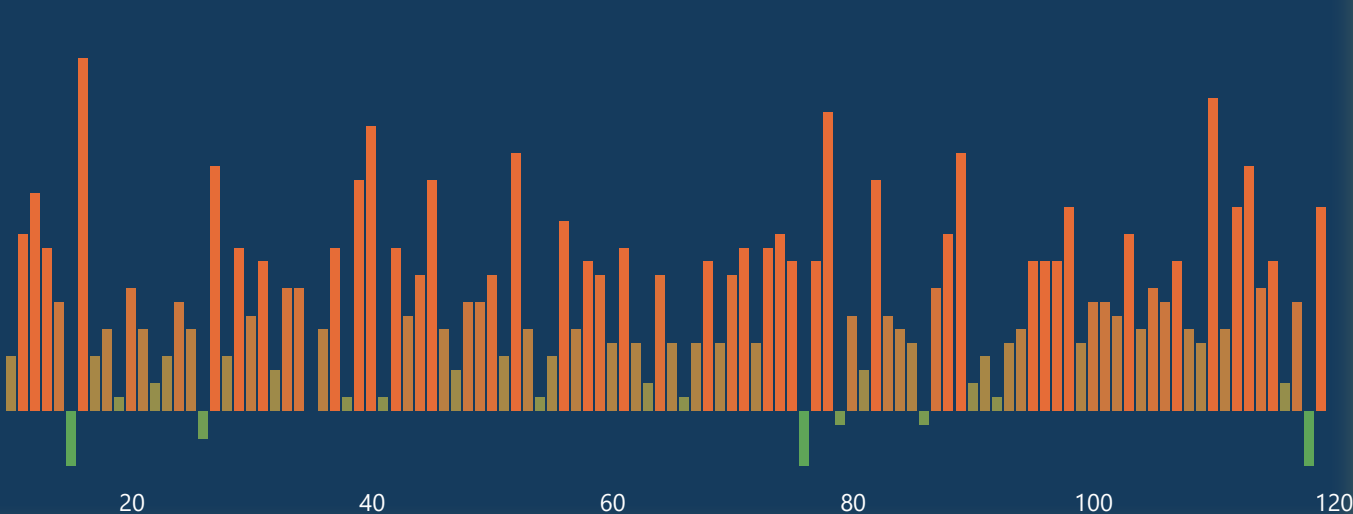
Calories Burned Per Min

8.56

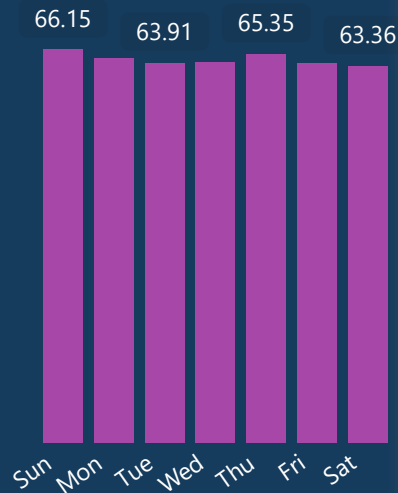
## Calories Burned Over Month



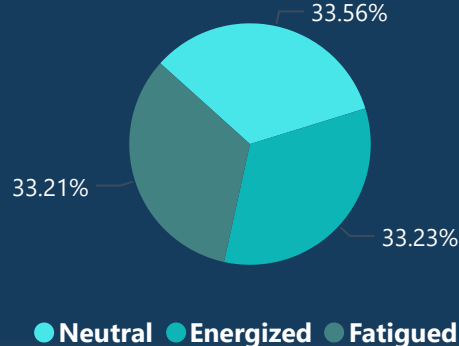
## Mood Impact Score by Workout Duration (mins)



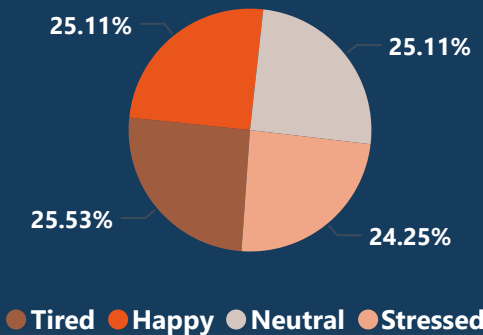
## Daily Workout Duration



## Users Mood After Workout



## Users Mood Before Workout



Gender	Avg Age	Avg Sleep Hours	Avg Steps Taken	Avg Distance (km)	Avg Daily Calories Intake	Avg Water Intake (liters)	Avg Calories Burned
Female	38.5	6.98	10448.90	7.82	2751.02	1.90	546.79
Male	38.3	7.01	10400.07	7.83	2765.89	1.90	557.94
Other	38.4	6.96	10516.85	7.81	2728.61	1.90	551.36