**PROJECT SCENARIO**

You're a data consultant helping the gym understand how to **optimize member performance, health outcomes, and session planning**.

**📊 QUESTIONS TO ANSWER WITH THE DATA**

**1. Who are the most efficient gym members?**

* Which members burn the most calories per hour?

**2. Workout Type Effectiveness**

* Which workout type (Yoga, HIIT, Cardio, Strength) leads to the highest calorie burn per hour?
* Do certain workout types attract specific age groups or genders?

**3. Member Profiles**

* What's the average profile of members doing each type of workout (Age, BMI, Fat %, Frequency, Experience Level)?

**4. Health Indicators**

* Are high fat percentage and low water intake linked to lower calorie burn?
* Do more experienced members have lower resting BPM or higher calorie efficiency?