



Fitness

Analytics Dashboard

Home

Overall

Calculator

Members

Fitness Dashboard

Track your fitness activities and health.

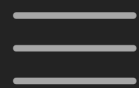
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Home

Overall

Calculator

Members



Clients

100

Trainers

20

Revenue

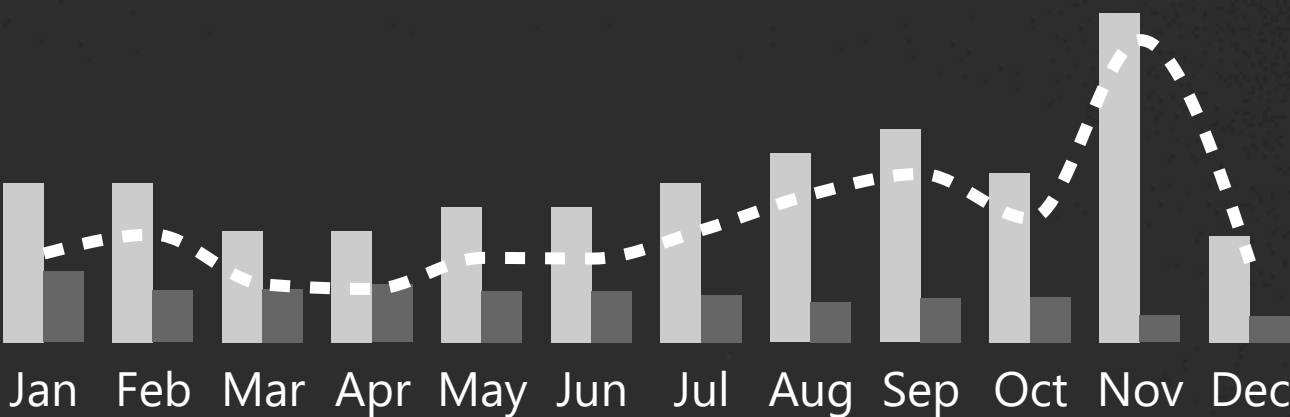
4.1M

Expenses

1.2M

Finances

● Revenue ● Expenses ● Profit



● Revenue

4.1M

● Expenses

1.2M

● Profit

2.9M

Client Membership

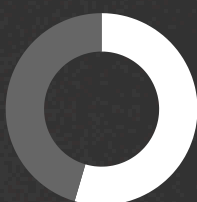
Active

Expired

UserName	Status	Membership
Aaron Clarke	Active	<div><div></div></div> 80%
Adrian Becker	Active	<div><div></div></div> 63%
Alexander Garcia	Expired	<div><div></div></div> 100%
Anthony Lopez	Expired	<div><div></div></div> 100%
Benjamin Gomez	Active	<div><div></div></div> 65%

Memberships

● Active ● Expired



Platinum
Membership

18

15



Gold
Membership

15

20



Silver
Membership

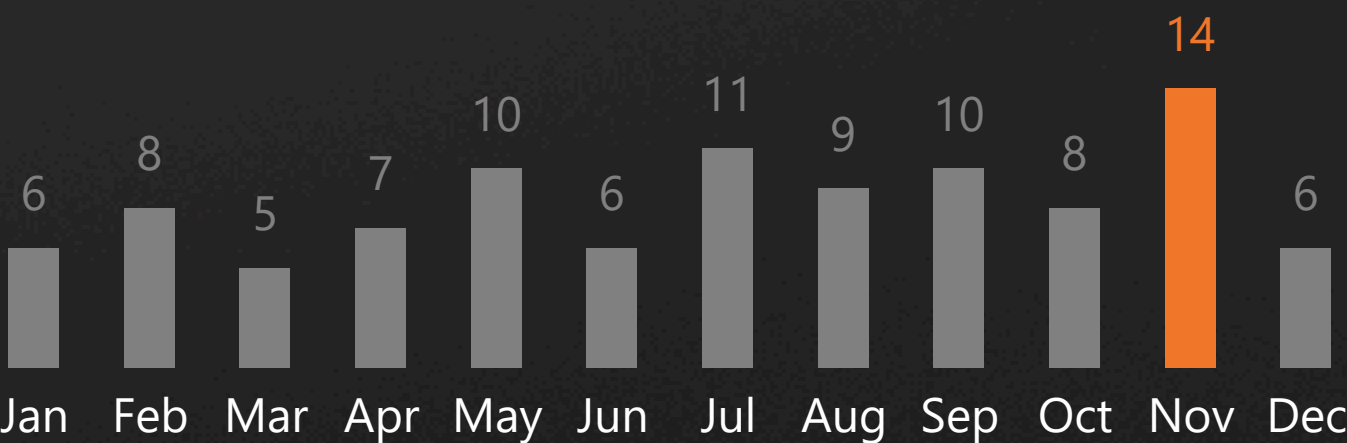
11

21

Monthly Clients

Max

Min



Fitness Dashboard

Track your fitness activities and health.

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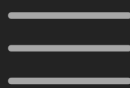
Last Dashboard Update

Home

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Revenue

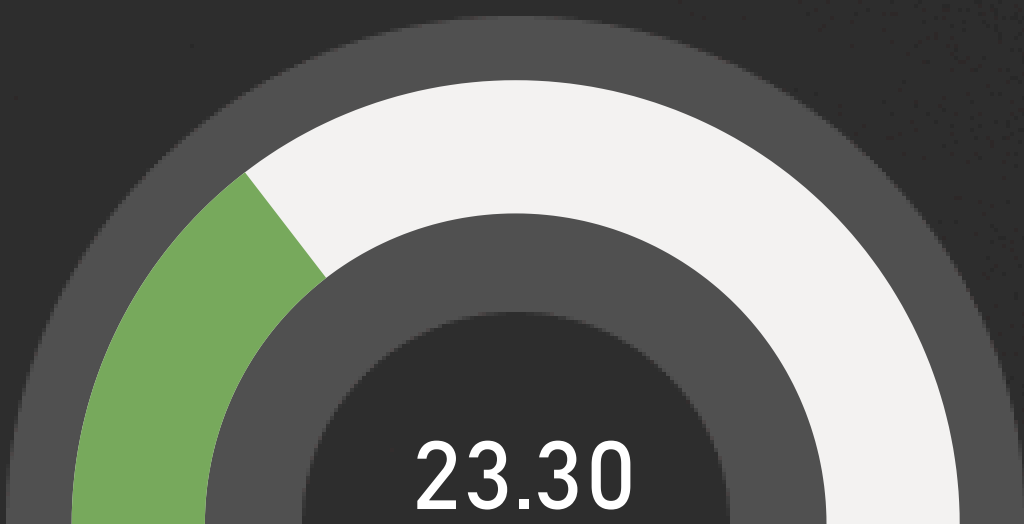
4.1M

Expenses

1.2M

BMI (Body Mass Index)

Normal



Your Calorie Result

BMR (Basal Metabolic Rate) 23.30

TDEE (Total Daily Energy Expenditure) 1.27K

Maintenance Calories 1.27K

Mild Weight Loss Calories 1.17K

Weight Loss Calories 1.08K

Extreme Weight Loss Calories 888.57

Calorie Calculator

Female

Male

The Calorie Calculator can be used to estimate the number of calories a person needs to consume each day. This calculator can also provide some simple guidelines for gaining or losing weight.

Activity Type

Active: daily exercise or intense exercise 3-4 ti...

12

Select Your Age

5.90

Select Your Height

75.40

Select Your Weight

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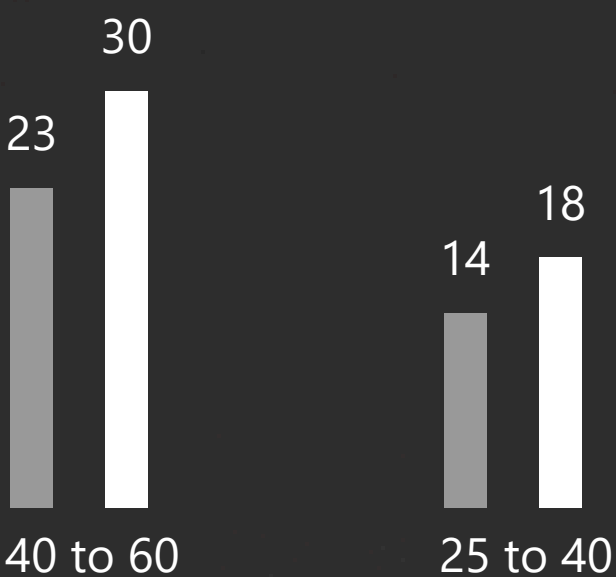
4.1M

Expenses

1.2M

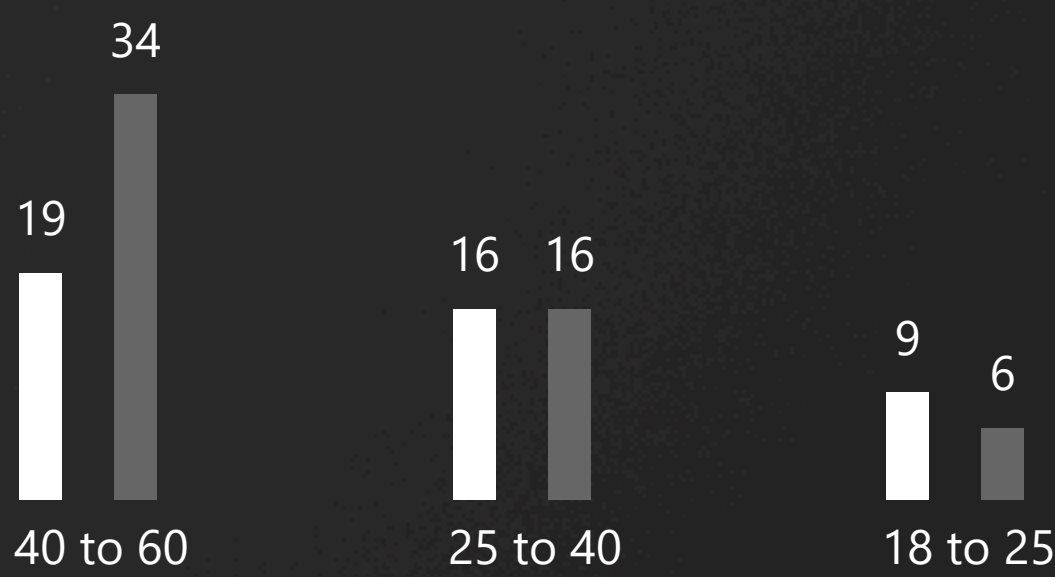
Members by Age & Gender

Gender ● Female ● Male



Members by Age & Status

Status ● Active ● Expired



Member Information

Name	Age	Gender	Join Date	Goal	Status	Membership	BMI
Aaron Clarke	44	Male	Thursday, February 08, 2024	Maintenance	Active	<div><div></div></div>	80% 33.40
Cassandra Harding	52	Male	Tuesday, November 19, 2024	Maintenance	Expired	<div><div></div></div>	100% 29.30
Charlene Scott	25	Female	Monday, November 11, 2024	Maintenance	Active	<div><div></div></div>	67% 20.30
Christina Flowers	54	Male	Thursday, February 22, 2024	Maintenance	Expired	<div><div></div></div>	100% 28.00
Cody Lin	31	Male	Sunday, May 12, 2024	Maintenance	Active	<div><div></div></div>	76% 41.60
Devon Coleman	37	Female	Monday, July 22, 2024	Maintenance	Expired	<div><div></div></div>	100% 32.60