TU Dublin Tallaght

Analysing Fitness Patterns and Predicting Calorie Expenditure for Gym Members

A Data Analysis and Predictive Modelling Report

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# Executive Summary

## Objective

The aim of this report is to investigate, analyse and present conclusions based on data extracted from gym members. This Is

# Introduction

# Methodology

## Data Description

The data that has been used for this report was a dataset found on Kaggle, the link of which can be found in the references. This CSV dataset that has been used contains 973 records, with each having 18 variables. These variables cover key areas that are important to analyse such as demographics (age, gender), physiological metrics (BMI, average heart rate) and workout details.

We used a Jupyter notebook to record all our data input, cleaning, processing, output and analysing. This allowed us to annotate our code step by step as it was produced. The main libraries used for this project were:

* Pandas: This python library