```powershell
# Define ESXi host IP or hostname
$esxName = '192.168.204.2'

# Define time range for statistics collection
$start = (Get-Date).AddDays(-7)

# Define performance metrics to collect
$stat = 'cpu.usage.average','mem.usage.average','disk.usage.average'

# Get the ESXi host
$esx = Get-VMHost -Name $esxName

# Initialize an empty array to store VM metrics
$vmMetrics = @()

# Get all VMs registered on the ESXi host
$vms = Get-VMHost $esx | Get-VM

# Iterate through each VM on the host
foreach ($vm in $vms) {
    # Get performance statistics for the VM
    $vmStats = Get-Stat -Entity $vm -Start $start -Stat $stat -IntervalMins 120 |
        Group-Object -Property Timestamp | ForEach-Object {
            $cpuAvg = $_.Group | Where-Object { $_.MetricId -eq 'cpu.usage.average' } | Select-Object -ExpandProperty Value -First 1
            $memAvg = $_.Group | Where-Object { $_.MetricId -eq 'mem.usage.average' } | Select-Object -ExpandProperty Value -First 1
            $diskUsage = $_.Group | Where-Object { $_.MetricId -eq 'disk.usage.average' } | Select-Object -ExpandProperty Value -First 1

            [PSCustomObject]@{
                VMName = $vm.Name
                Date = $_.Name
                CpuAvg = $cpuAvg
                MemAvg = $memAvg
                DiskUsage = $diskUsage
            }
        }

    # Add VM metrics to the array
    $vmMetrics += $vmStats
}

# Export VM metrics to CSV
$vmMetrics | Select-Object VMName,Date,CpuAvg,MemAvg,DiskUsage |
    Export-Csv -Path 'C:\Users\santh\OneDrive\Desktop\workload traces\host1_VMs\u21-03-2024.csv' -NoTypeInformation -UseCulture

```