```powershell
$esxName = '192.168.204.2'
$start = (Get-Date).AddDays(-7)
$stat = 'cpu.usage.average','mem.usage.average','disk.usage.average'
$esx = Get-VMHost -Name $esxName
$report = Get-Stat -Entity $esx -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]@{
            HostName = $esxName
            Date = $_.Name
            CpuAvg = $cpuAvg
            MemAvg = $memAvg
            DiskUsage = $diskUsage
        }
    }

$report | Select-Object HostName,Date,CpuAvg,MemAvg,DiskUsage |
    Export-Csv -Path 'C:\Users\santh\OneDrive\Desktop\workload
    traces\host1\vm1AM4-04-2024.csv' -NoTypeInformation -UseCulture
```