

# FITNESS TRACKER DASHBOARD



HEART RATE



BPM



SLEEP ANALYSIS



QUALITY DIET



OVERVIEW BY GENDER



OVERALL ANALYSIS.1



OVERALL ANALYSIS.2





# Heart Rate Analysis

Gender

Female

Male

Date

01-12-2024

30-12-2024

Average of Heart Rate

81.13

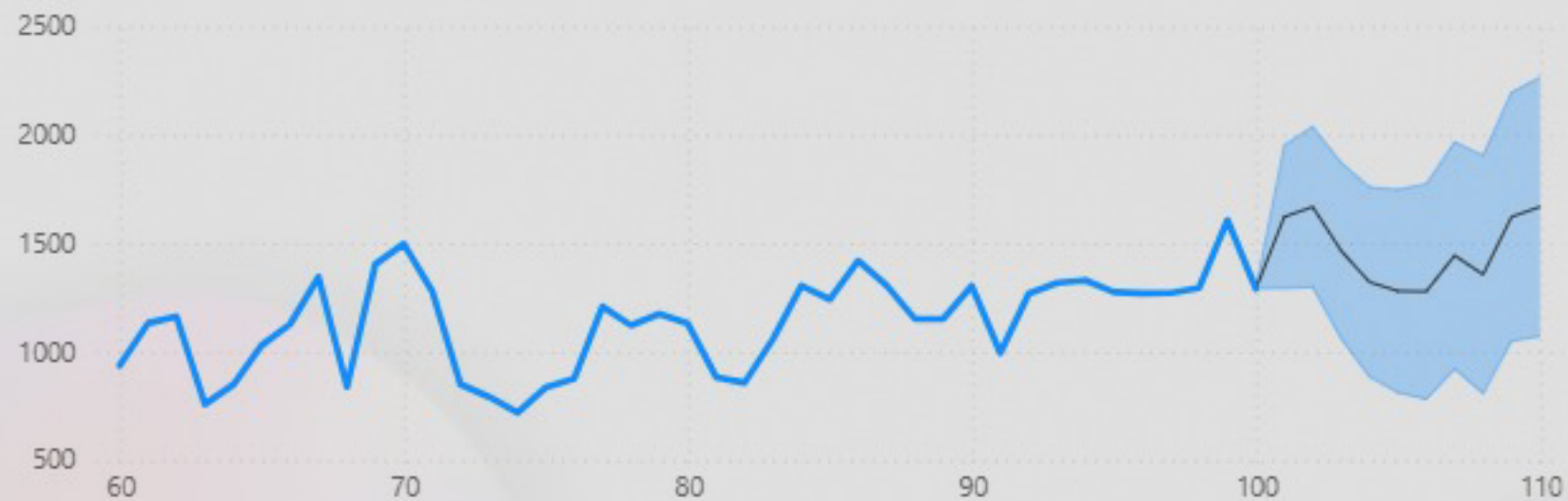
Maximum Heart Rate

100

Minimum Heart Rate

60

Heart Rate by Age

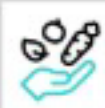


Heart Rate

110K

0K

220K



## BPM

Gender

Female

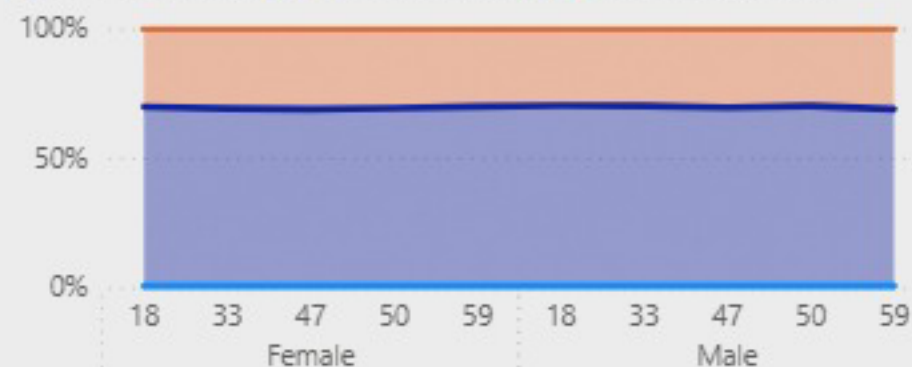
Male

Average of BPM

146.12

Max BPM, and Avg\_BPM and Resting\_BPM by Gender and Age

● Count of Max\_BPM ● Sum of Avg\_BPM ● Sum of Resting\_BPM



Maximum BPM

160

Minimum BPM

199

Min REsting BPM

50

Max Resting BPM

74

Resting BPM by Avg BPM

● Sum of Resting\_BPM ● Count of user\_id







# Sleep Analysis



Date

12-12-2024



29-12-2024



Gender

Female

Male

Sleep Duration

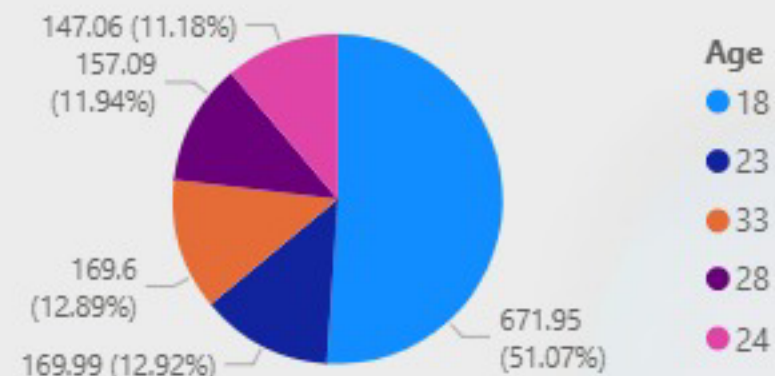


5.16K

0.00K

10.33K

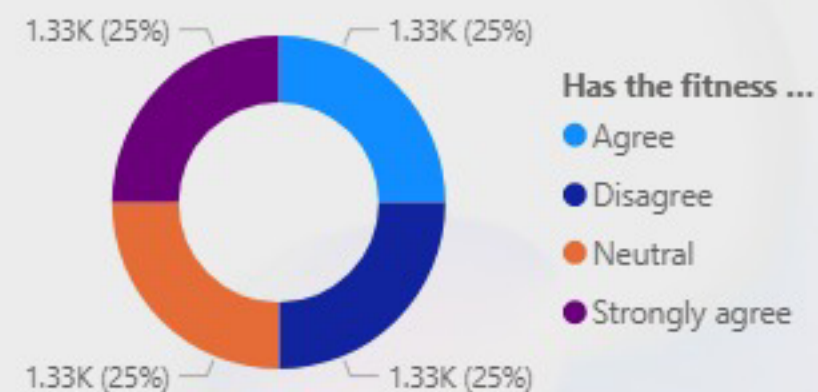
Sleep Duration by Age



Sleep Duration by Day



Date by Has the fitness wearable improved your sleep patterns?



# ← Quality Diet Analysis



Gender

Female

Male

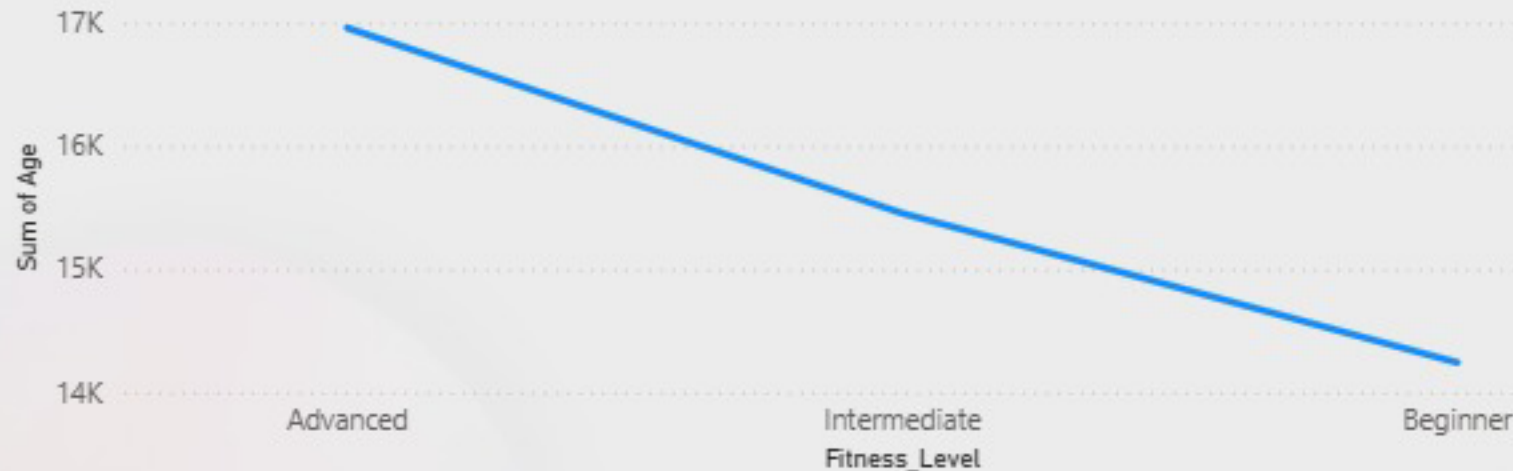
### Age by Diet Quality



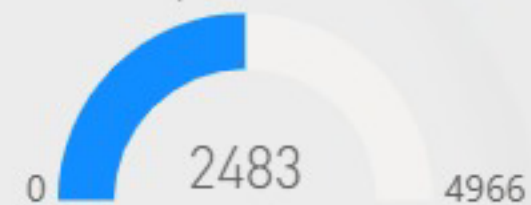
### Calories Burned by age



### Age by Fitness Level



### Experience Level



### Fat percentage

31.84K



## Overview by Gender

Average Age

34.51

Gender

Female

Male

Minimum Age

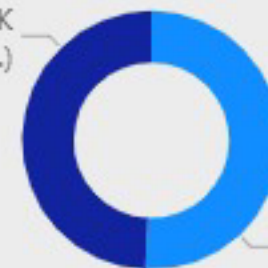
18

Maximum Age

59

Weight (kg) by Gender

45.22K  
(49.2...)



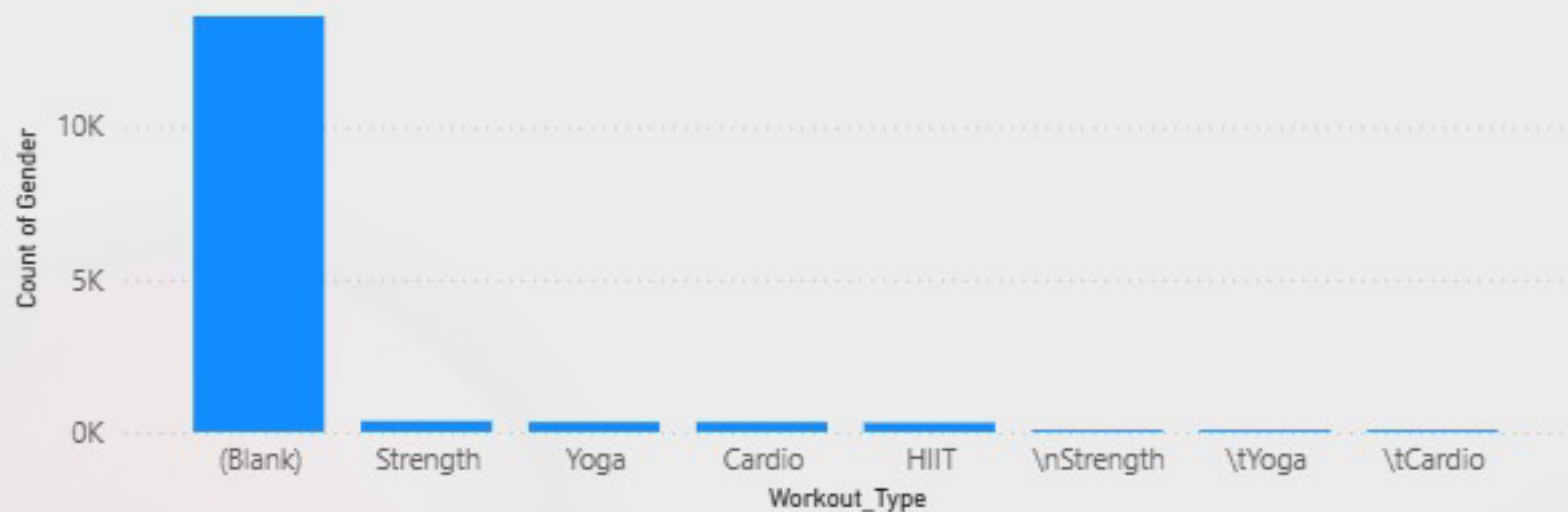
Gender

Female

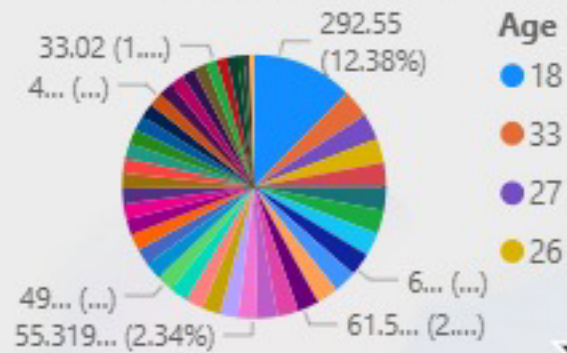
Male

46.62K  
(50.7...)

Gender by Workout Type



Height (m) by Age







# Overall Analysis



Date



01-12-2024



21-12-2024



user\_id Gender

1 Female

2 Female

3 Male

4 Female

5 Female

6 Female

7 Female

8 Female

9 Female

10 Female

11 Female

13 Male

14 Female

15 Female

16 Female

17 Male

18 Female

Gender

Female

Male

Fitness\_Level Advanced

Age

Sum of Weight (kg)

Sum of Steps

Sum of Height (m)

Sum of Heart\_Rate\_Avg

Sum

	196.40	23901	5.30	257
18	2,368.40	355932	67.02	3216
19	561.50	77183	14.40	647
20	665.70	110818	19.04	868
21	606.10	93680	16.36	781
22	698.30	87894	18.22	823
23	734.20	96604	18.53	935
24	430.30	63583	12.02	600
25	453.50	51355	12.19	565
26	972.70	120828	24.25	1105
27	867.50	95593	21.72	974
28	929.60	114413	22.17	1105
29	701.40	110311	19.79	918
30	878.30	111215	20.90	917
31	383.90	44909	8.51	369
32	500.60	79850	13.78	631
33	938.80	112535	24.33	1118
34	843.60	124600	22.66	948
35	277.90	30408	7.09	303
36	368.70	32490	8.47	391
37	302.50	35119	6.92	310
38	400.60	53979	10.19	479
Total	24,030.60	3194445	623.30	28972

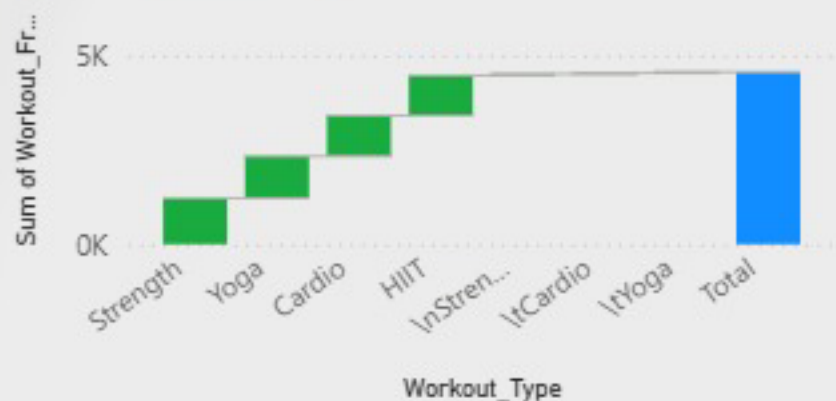


# Overall Analysis



## Workout Frequency (days/week) by Workout Type

● Increase ● Decrease ● Total



Date

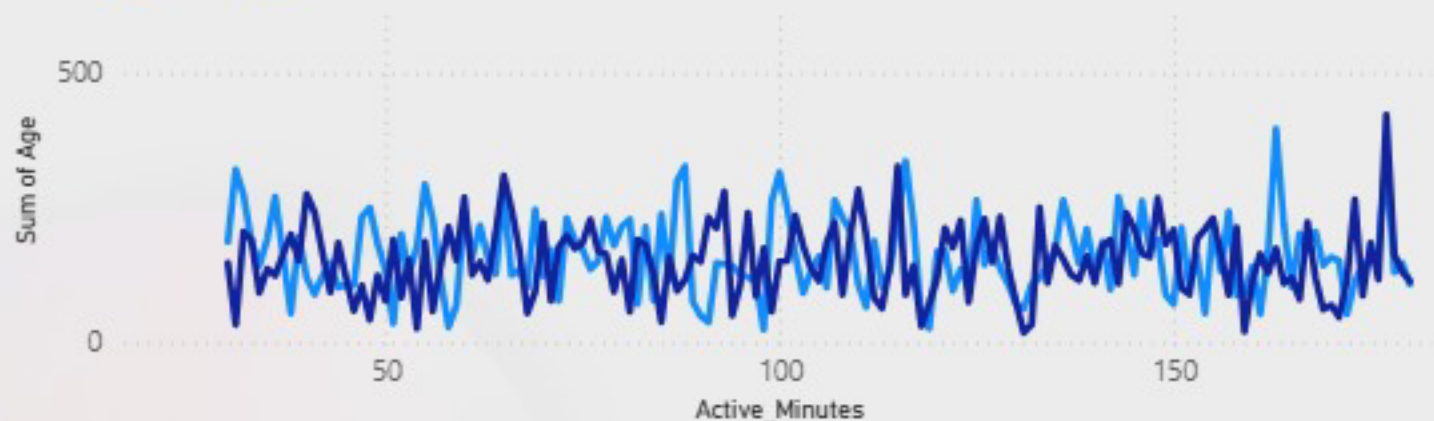
01-12-2024

30-12-2024



## Age by Active Minutes and Gender

Gender ● Female ● Male



user_id	Diet_Quality	Sum of Fat_Percentage	Sum of Ex
1	Excellent	12.80	
2	Excellent	27.90	
3	Excellent	28.70	
4	Excellent	31.80	
5	Excellent	26.40	
6	Excellent	23.40	
7	Excellent	11.90	
8	Excellent	11.60	
9	Excellent	27.80	
10	Excellent	30.50	
11	Excellent	31.70	
13	Excellent	14.10	
14	Excellent	26.00	
15	Excellent	32.50	
16	Excellent	16.00	
17	Excellent	23.90	
18	Excellent	21.90	
19	Excellent	26.50	
20	Excellent	23.80	
21	Excellent	26.60	
22	Excellent	17.50	
25	Excellent	26.90	
Total		31,836.10	