



Fitness

Analytics Dashboard

Home

Overall

Calculator

Members



Fitness Dashboard

Track your Fitness activities and Health



Orange

Theme



Clients

100

Expenses

1.17M

Trainers

20

Revenue

4.09M

02:51 PM

Home

Overall

Calculator

Members



Last Dashboard Update

Finance

● Expenses ● Revenue ● Profit



● Revenue

4.09M

● Expenses

1.17M

● Profit

2.9M

Client Memberships

Active

Expired

UserName	Status	Complete_Days	Remaining_Days
Aaron Clarke	Active	635	780
Adrian Becker	Active	361	559
Alexander Garcia	Expired	180	180
Anthony Lopez	Expired	180	180
Benjamin Gomez	Active	387	585
Beth Ford	Expired	180	180
Beth Johnson	Active	360	360

Memberships

● Active

● Expired



Platinum

18

Memberships

15



Gold

15

Memberships

20



Silver

11

Memberships

21

Monthly Members

Max

Min



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BMI (Body Mass Index)

Normal

24.00

Your Calorie Result

BMR (Basal Metabolic Rate) 24.00

TDEE (Total Daily Energy Expenditure) 1.28K

Maintanance Calories 1.28K

Mild Weight Loss Calories 1.17K

Weight Loss Calories 1.08K

Extreme Weight Loss Calories 892.95

Calorie Calculator

Female

Male

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

Activity Type

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

80.20

Select Your Weight

21

Select Your Age

6.00

Select Your Height

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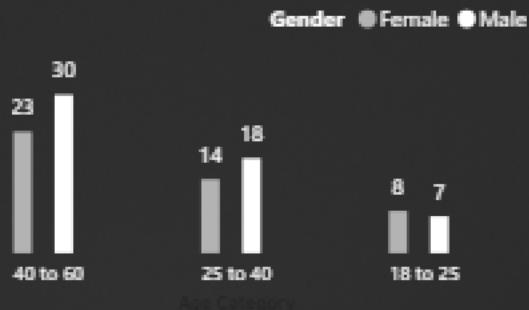
Overall

Calculator

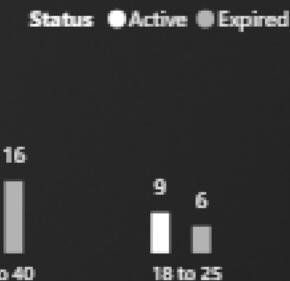
Members



Members by Age and Gender



Members by Age and Gender



Member Information

Female

Male

UserName	Age	Status	Membership	Gender	BMI	Goal	JoinDate	Trainer Name
Brooke Mack	57	Active	Silver	Male	36.50	Muscle Gain	02 January 2024	Brian Trujillo
Michael Fisher	35	Expired	Gold	Male	21.30	Weight Loss	03 January 2024	James Hicks
Jennifer Bowers	44	Expired	Gold	Male	31.20	Muscle Gain	06 January 2024	Mr. Alexander Thor
Deanna Flowers	43	Expired	Gold	Male	29.70	Muscle Gain	13 January 2024	Ashley Gonzalez
Donald Mathews	24	Active	Silver	Male	28.00	Maintenance	15 January 2024	Belinda Delgado
Sandra Ortiz	48	Expired	Silver	Male	27.50	Maintenance	20 January 2024	Kristin Martinez
Ralph Sullivan	23	Expired	Platinum	Male	27.60	Weight Loss	02 February 2024	Andrea Mitchell
Aaron Clarke	44	Active	Gold	Male	33.40	Maintenance	08 February 2024	Allison Aguilar
Cynthia Woods	32	Expired	Platinum	Male	40.80	Muscle Gain	13 February 2024	Mr. Alexander Thor
Gregory Mayo	47	Expired	Gold	Male	28.50	Muscle Gain	14 February 2024	Ashley Gonzalez