



Fitness

Analysis Dashboard

[Home](#)[Overall](#)[Calculator](#)[Members](#)



Members
44

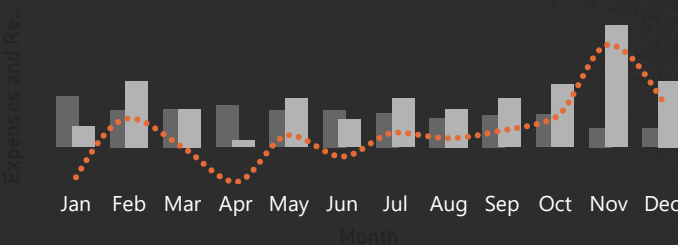
Trainer
19

Revenue
1.7M

Expenses
1.2M

Finances

Expenses Revenue Profit



Revenue
1.7M

Expenses
1.2M

Profit
535.5K

Membership

Active

Expired

UserName	Status	Membership
Aaron Clarke	Active	<div><div></div></div> 72%
Adrian Becker	Active	<div><div></div></div> 52%
Benjamin Gomez	Active	<div><div></div></div> 54%
Beth Johnson	Active	<div><div></div></div> 89%
Brooke Butler	Active	<div><div></div></div> 77%
Brooke Mack	Active	<div><div></div></div> 79%

Membership Tier

Active Expired



Platinum
Memberships

Active: 18
Expired: 15



Gold
Memberships

Active: 15
Expired: 20



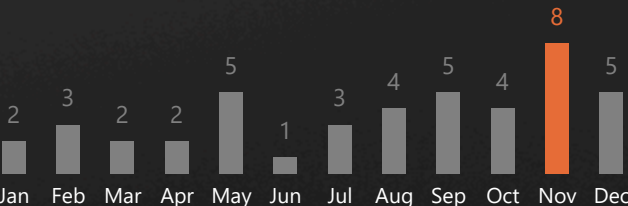
Silver
Memberships

Active: 11
Expired: 21

Monthly Members

Max

Min





Members

100

Trainer

20

Revenue

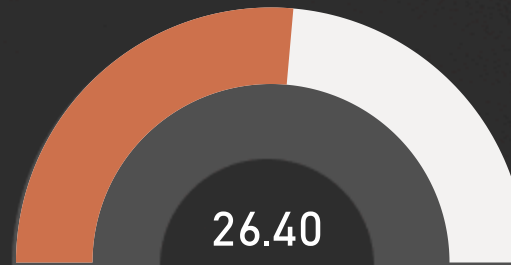
4.1M

Expenses

1.2M

BMI (Body Mass Index)

Overweight



26.40

Your Calorie Result

BMR (Basal Metabolic Rate) 26.40

TDEE (Total Daily Energy Expenditure) 804.50

Maintenance Calorie 804.50

Mild Weight Loss Calories 740.14

Weight Loss Calories 683.82

Extreme Weight Loss Calories 563.15

Calorie Calculator

Female

Male

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

Activity Type

Active: daily exercise or intense exercise 3... ✓

30

Select Your Age

5.50

Select Your Height

74.30

Select Your Weight



Members

100

Trainer

20

Revenue

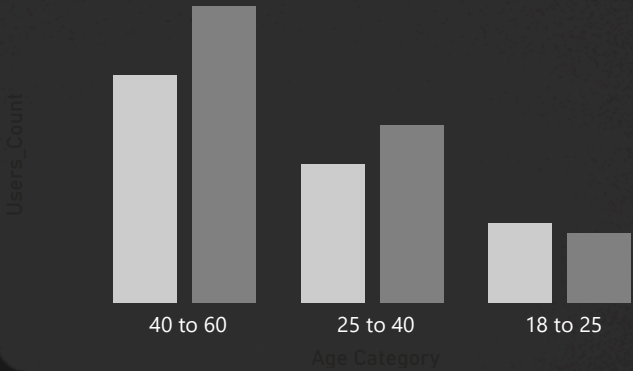
4.1M

Expenses

1.2M

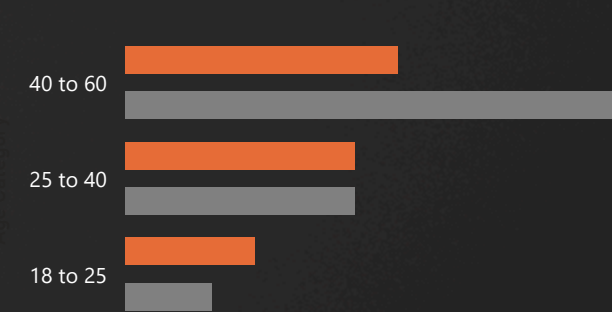
Age Demographics by Gender

FemaleMale



Age Demographics by Gender

ActiveExpired



Member Information

Female

Male

Name	Age	Gender	Goal	JoinDate	Membership		Status	Sum of BM
Robert Wright	24	Male	Muscle Gain	19 December 2024	<div><div></div></div>	54%	Active	25.1
Sierra Watkins	48	Female	Weight Loss	19 December 2024	<div><div></div></div>	100%	Expired	22.8
Kenneth Butler	49	Male	Muscle Gain	18 December 2024	<div><div></div></div>	69%	Active	27.1
Rachel Russell	23	Female	Weight Loss	16 December 2024	<div><div></div></div>	70%	Active	28.9
Tanya Burns	26	Female	Muscle Gain	11 December 2024	<div><div></div></div>	71%	Active	25.9
Natasha Wood	56	Male	Weight Loss	09 December 2024	<div><div></div></div>	48%	Active	22.3
Timothy Duncan	40	Male	Maintenance	27 November 2024	<div><div></div></div>	50%	Active	22.2