

Member Fitness Overview Dashboard

Average Calories Burned

944.46

Average of Workout Frequency

3.31

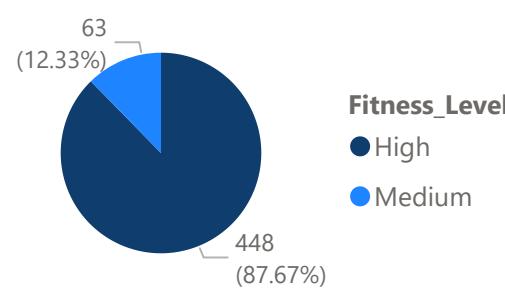
Average of Session Duration

75.15

Average BPM

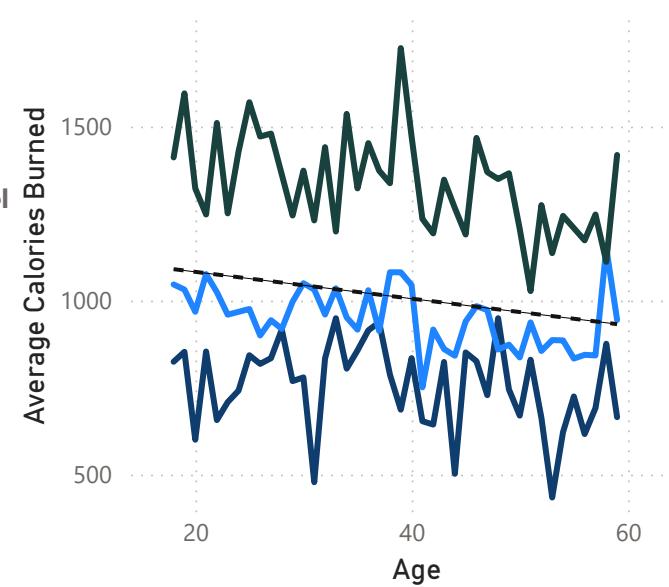
143.90

Fitness Level Distribution



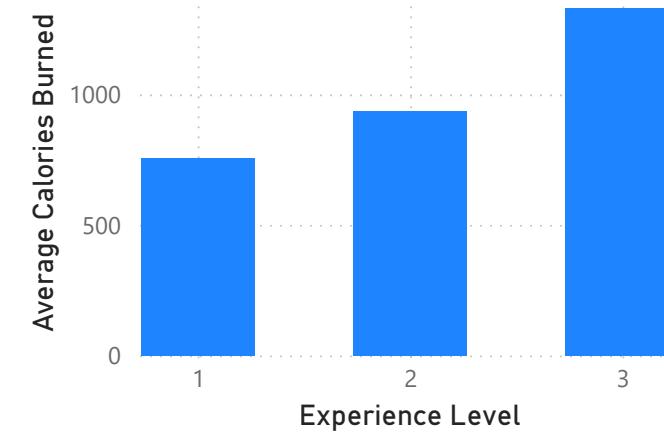
Average Calories Burned by Age and Experience Level

Experience... ● 1 ● 2 ● 3



Experience Level by Burned Calories

Gender ● Male

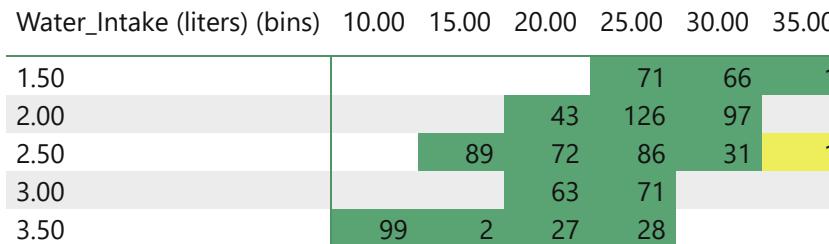


Gender, Workout_Type, Age...
^ □ Female
▼ □ Cardio
▼ □ HIIT
▼ □ Strength
▼ □ Yoga
^ ■ Male
▼ ■ Cardio
▼ ■ HIIT
▼ ■ Strength

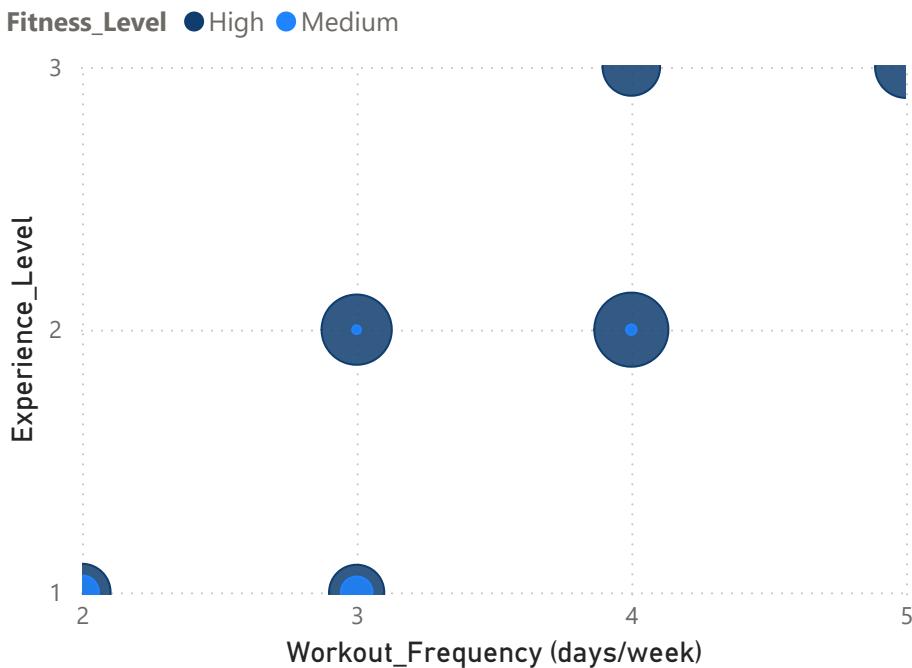


Fitness Drivers Analysis

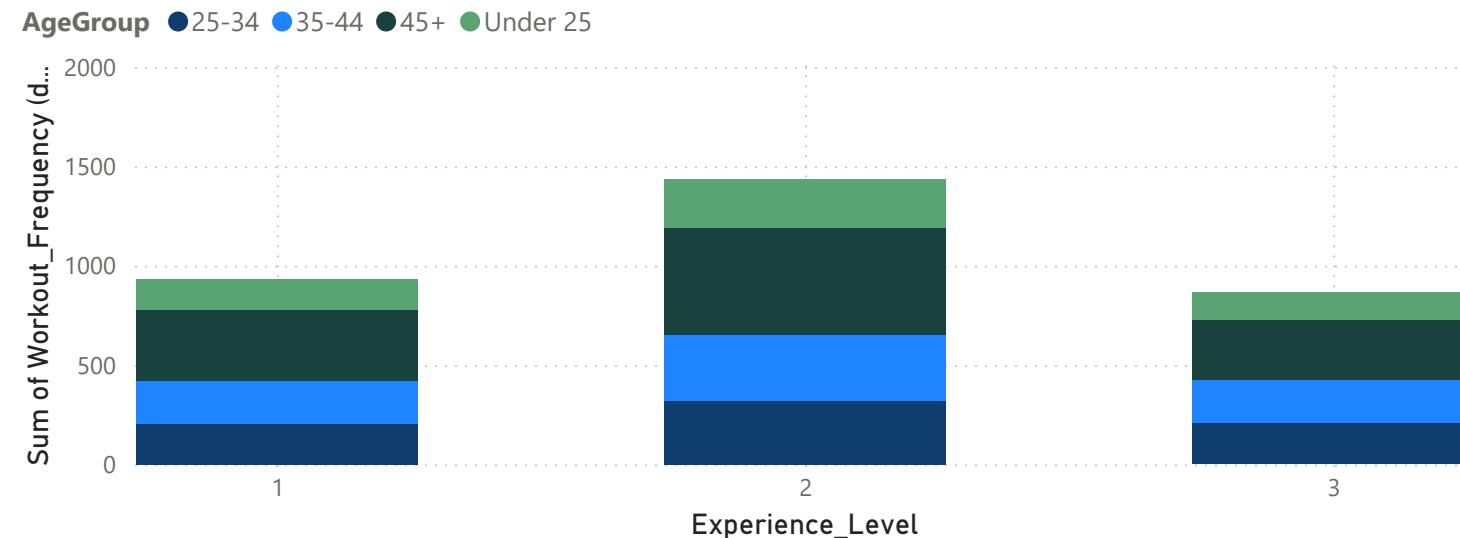
Water Intake vs. Fat Percentage



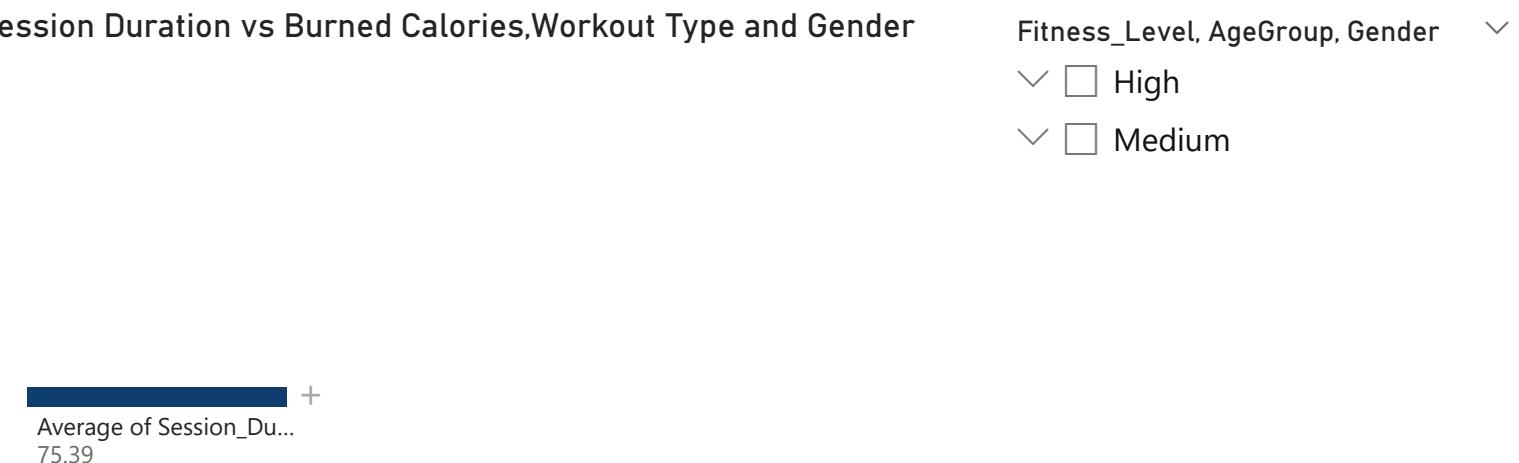
Workout frequency vs. Experience Level



Workout Frequency by Experience Level



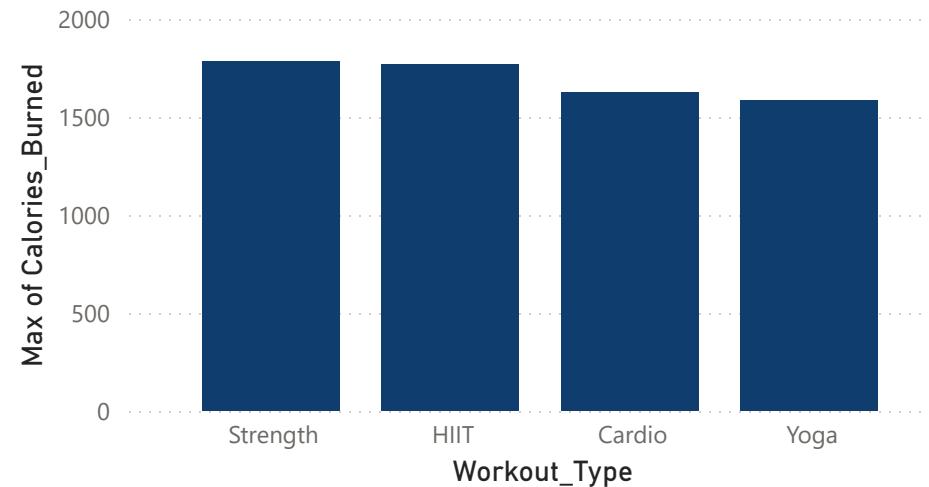
Session Duration vs Burned Calories,Workout Type and Gender



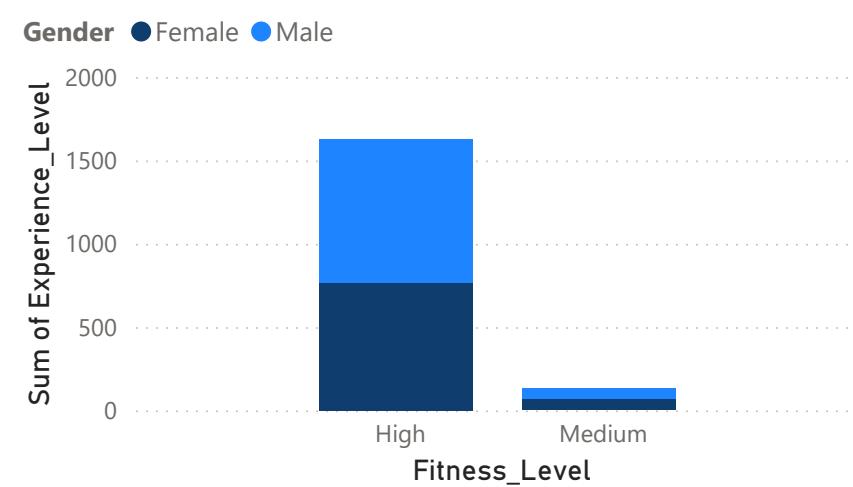


Performance Segmentation

Maximum Calories Burned by Workout Type



Experience_Level by Fitness Level



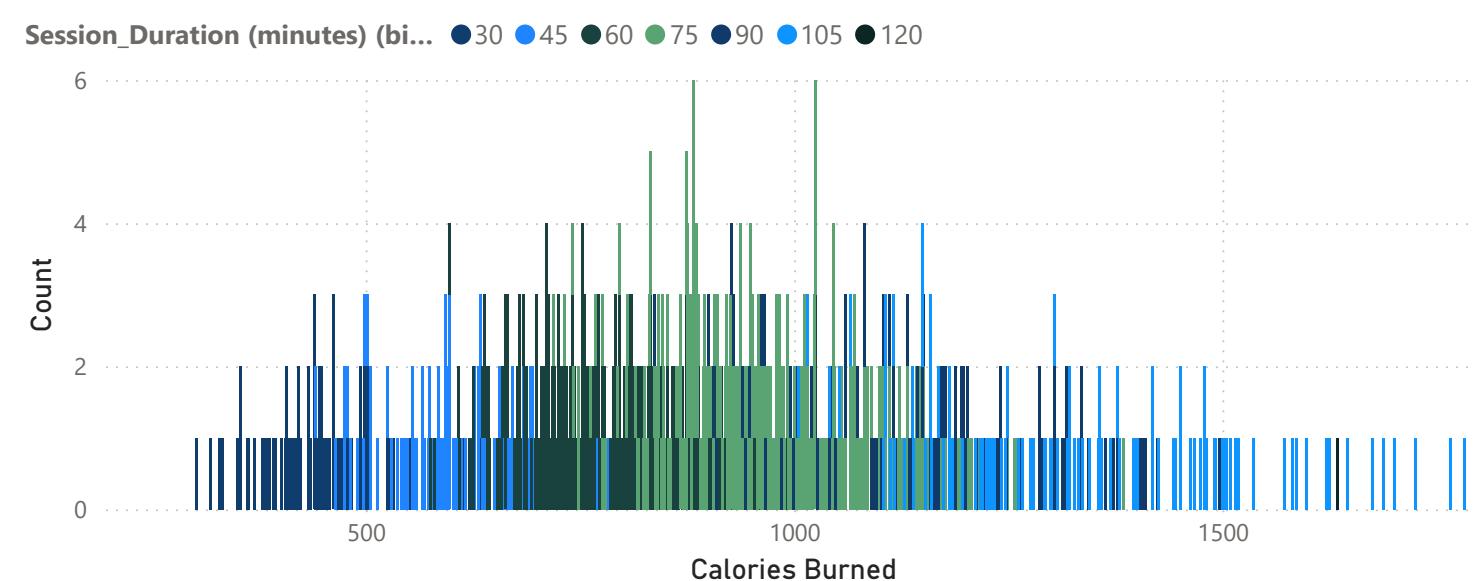
Gender, Workout Frequency, Water Intake

- ✓ Cardio
- ✓ HIIT
- ✓ Strength
- ✓ Yoga

Experience Level vs Workout Type and Average Calories Burned

Experience_Level	Cardio	HIIT	Strength	Yoga
1	706.08	744.71	750.39	706.66
2	929.69	898.14	898.12	881.50
3	1221.82	1289.08	1288.67	1259.72

Distribution Calories Burned

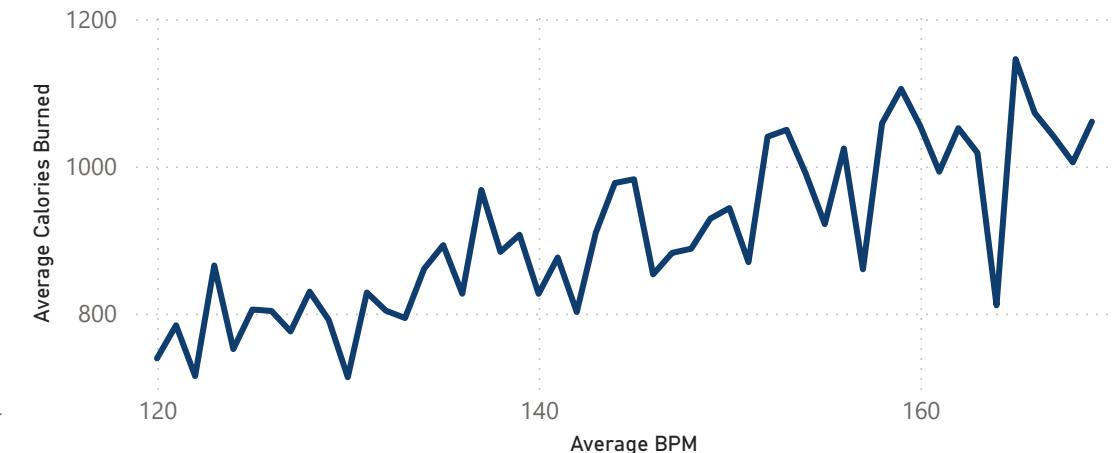


Health Metrics Correlation

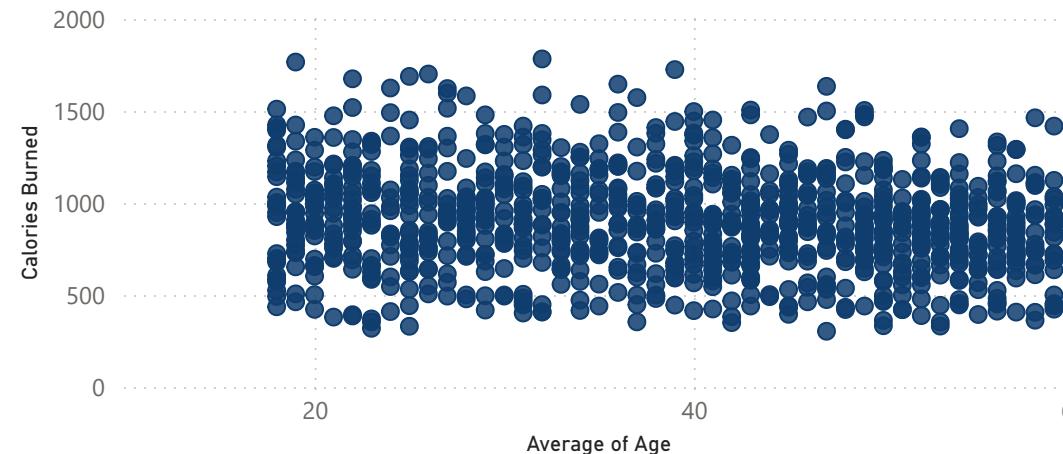
Average Calories Burned and Aver by Water_Intake (liters)



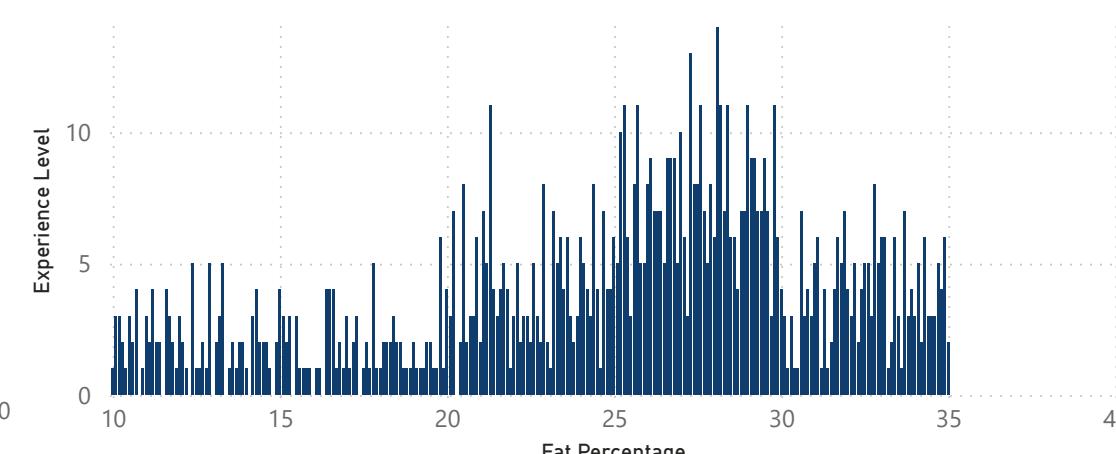
Average Calories Burned by Average BPM



Age by Calories Burned



Experience Level by Fat_Percentage



Fitness_Level, Ge...
▼ High
▲ Medium
▼ Female
▼ Male