

Member Fitness Overview Dashboard

Average Calories Burned

944.46

Average of Workout Frequency

3.31

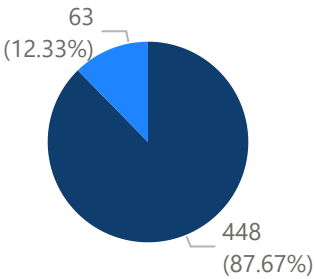
Average of Session Duration

75.15

Average BPM

143.90

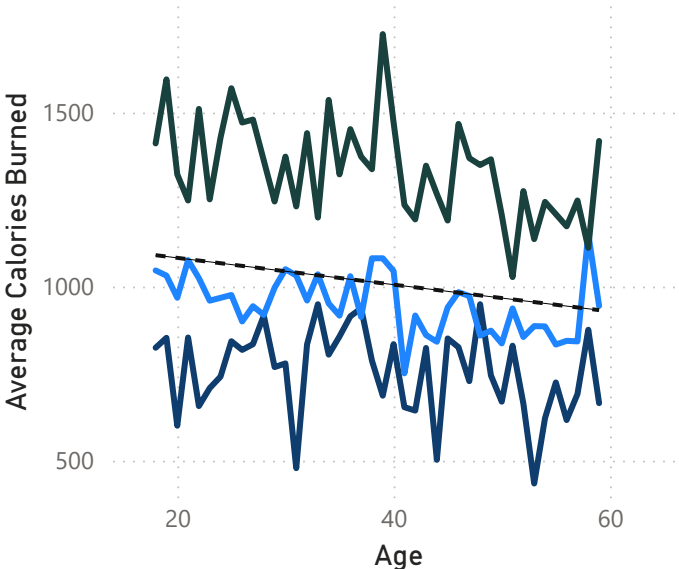
Fitness Level Distribution



Fitness_Level
● High
● Medium

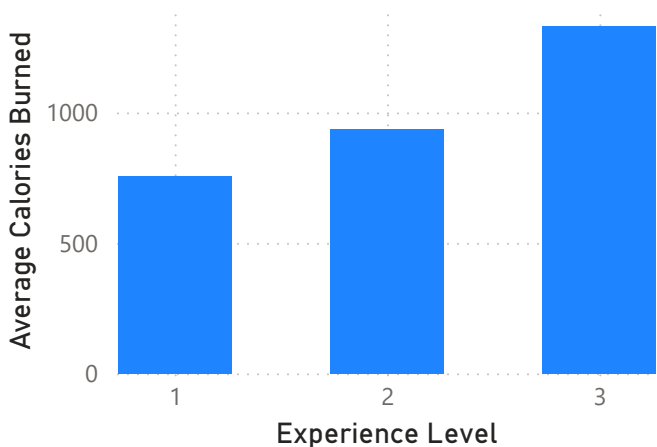
Average Calories Burned by Age and Experience Level

Experience... ● 1 ● 2 ● 3



Experience Level by Burned Calories

Gender ● Male



Gender, Workout_Type, Age...

- Female
- Cardio
- HIIT
- Strength
- Yoga
- Male
- Cardio
- HIIT
- Strength

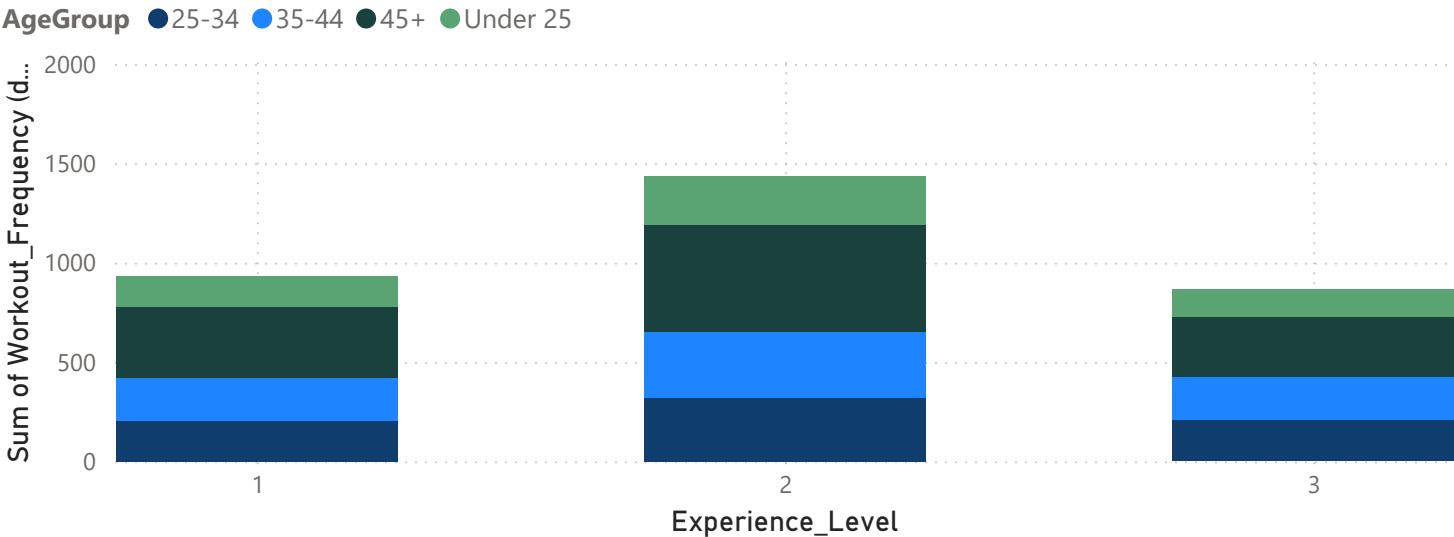


Fitness Drivers Analysis

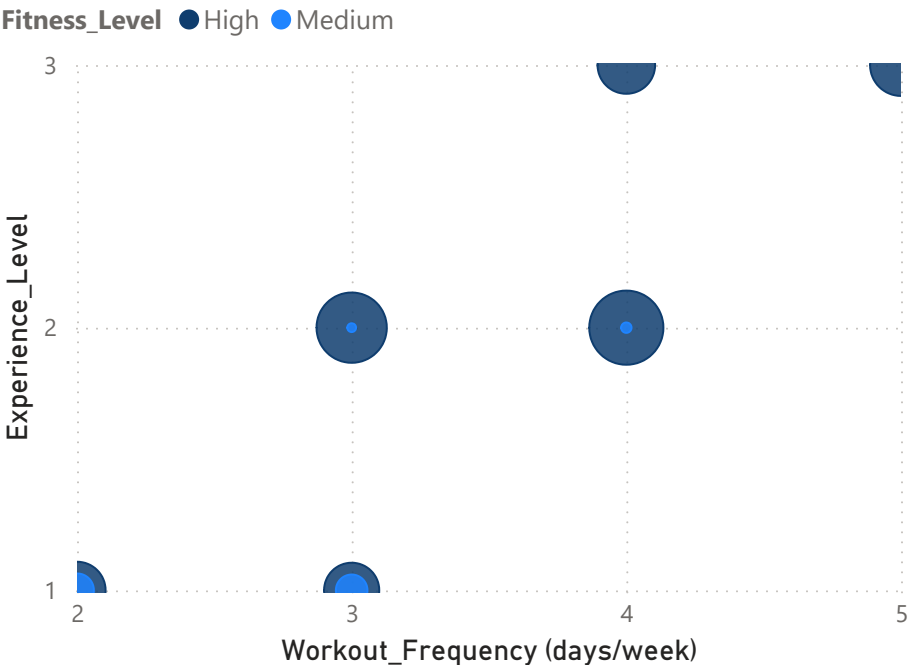
Water Intake vs. Fat Percentage

Water_Intake (liters) (bins)	10.00	15.00	20.00	25.00	30.00	35.00
1.50				71	66	1
2.00			43	126	97	
2.50		89	72	86	31	1
3.00			63	71		
3.50		99	2	27	28	

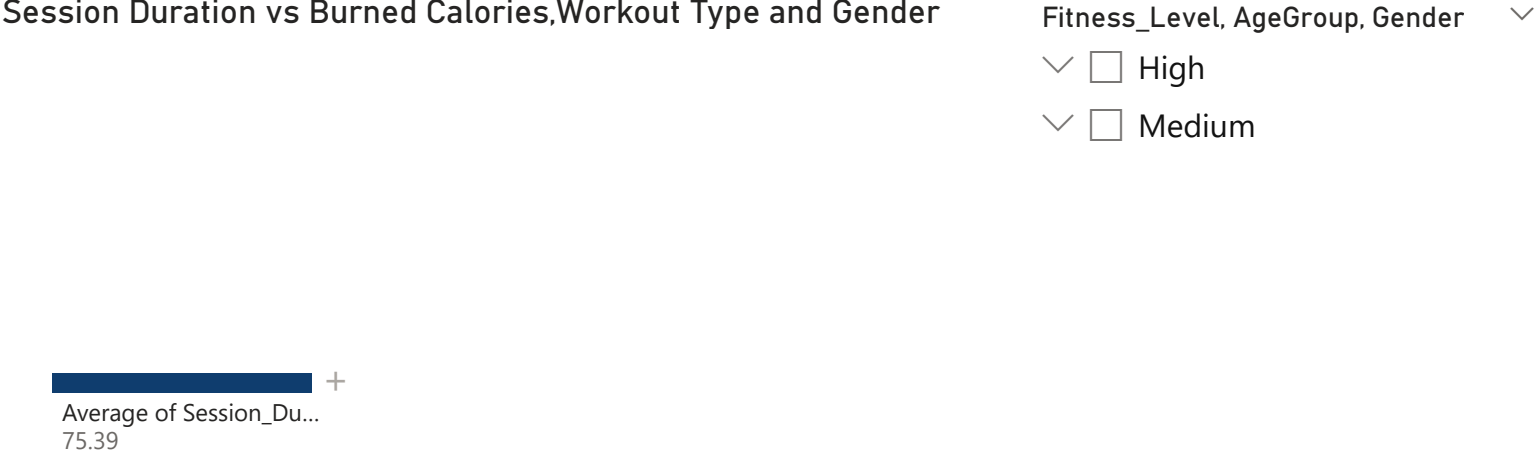
Workout Frequency by Experience Level



Workout frequency vs. Experience Level



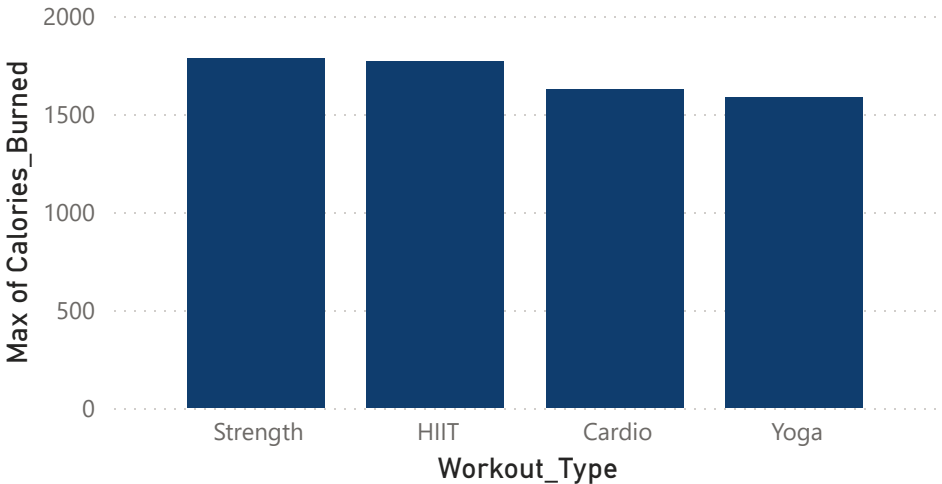
Session Duration vs Burned Calories,Workout Type and Gender





Performance Segmentation

Maximum Calories Burned by Workout Type



Experience_Level by Fitness Level



Experience Level vs Workout Type and Average Calories Burned

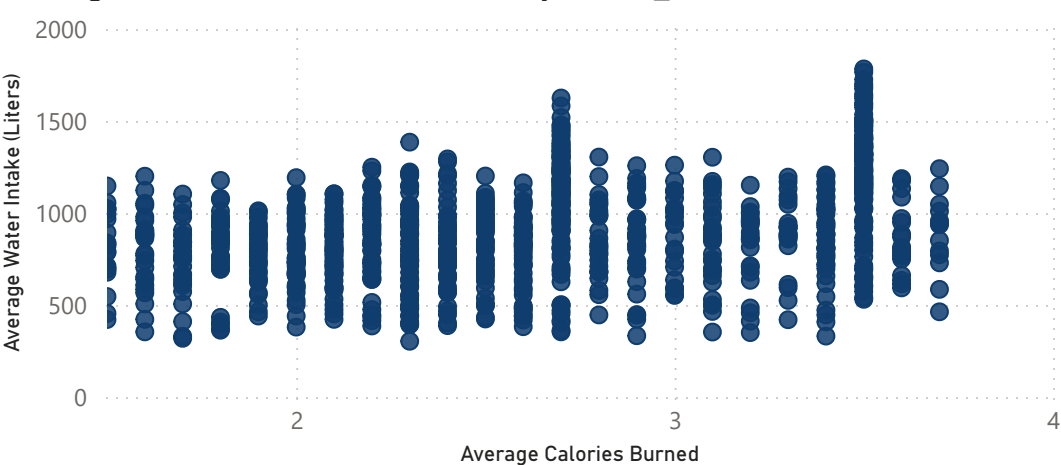
Experience_Level	Cardio	HIIT	Strength	Yoga
1	706.08	744.71	750.39	706.66
2	929.69	898.14	898.12	881.50
3	1221.82	1289.08	1288.67	1259.72

Distribution Calories Burned

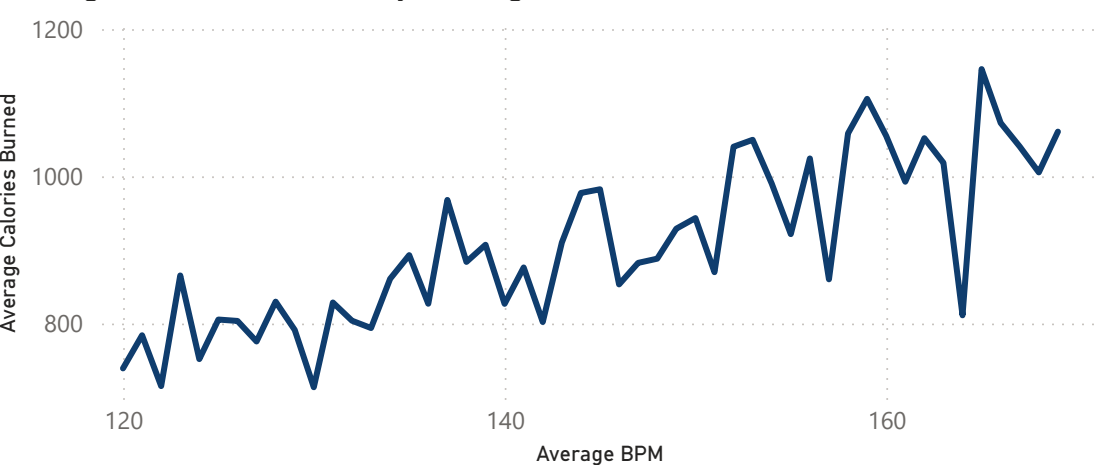


Health Metrics Correlation

Average Calories Burned and Average Water Intake (liters)



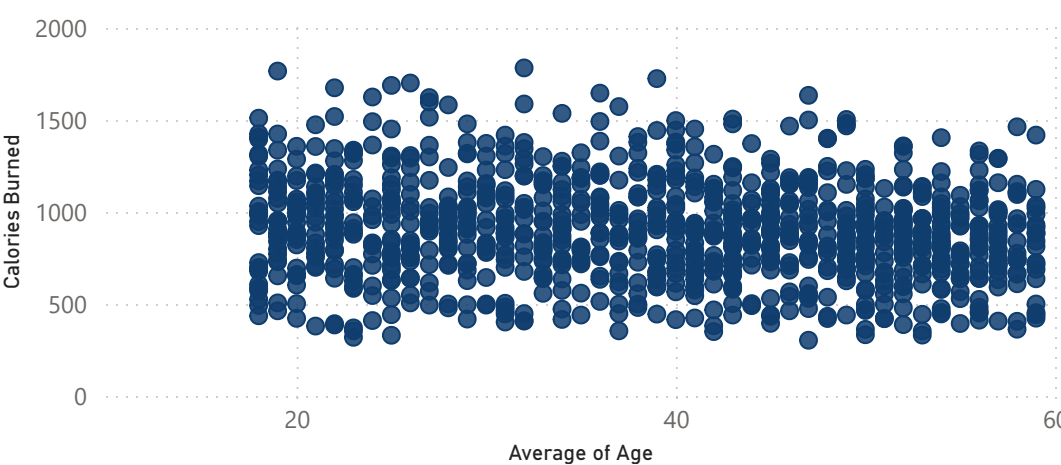
Average Calories Burned by Average BPM



Fitness_Level, Gender

- High
- Medium
- Female
- Male

Age by Calories Burned



Experience Level by Fat_Percentage

