

# Member Fitness Overview Dashboard

Average Calories Burned

905.42

Average of Workout Frequency

3.32

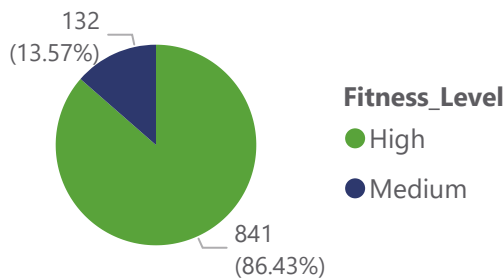
Average of Session Duration

75.39

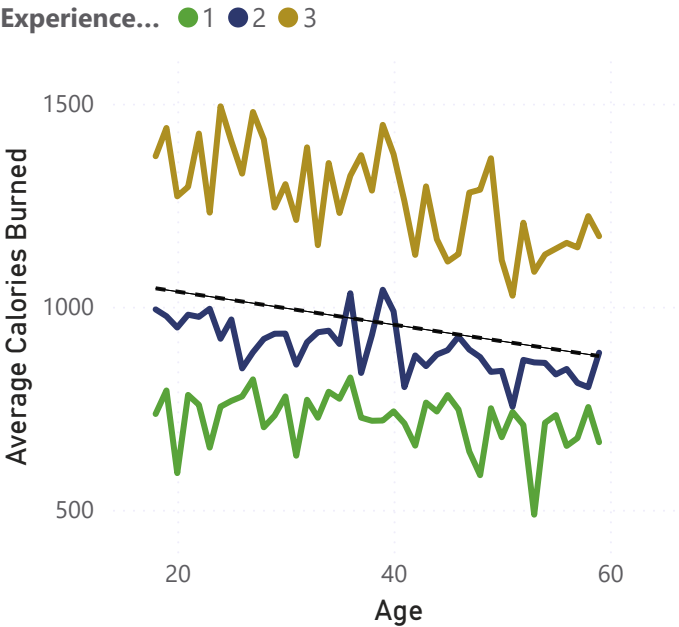
Average BPM

143.77

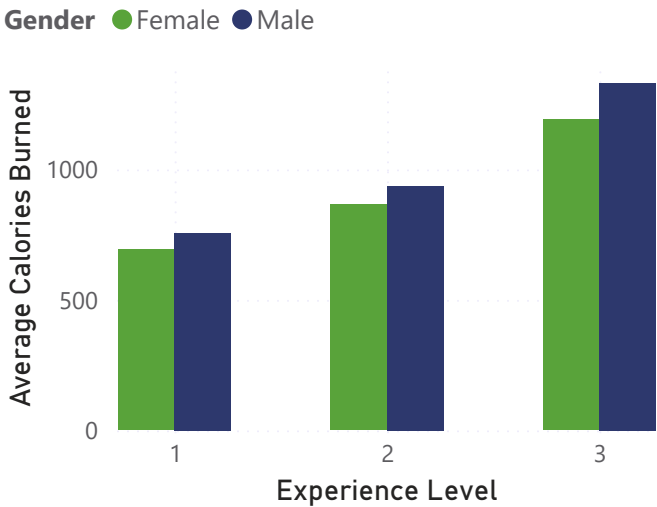
Fitness Level Distribution



Average Calories Burned by Age and Experience Level



Experience Level by Burned Calories



Gender, Workout\_Type, Age...

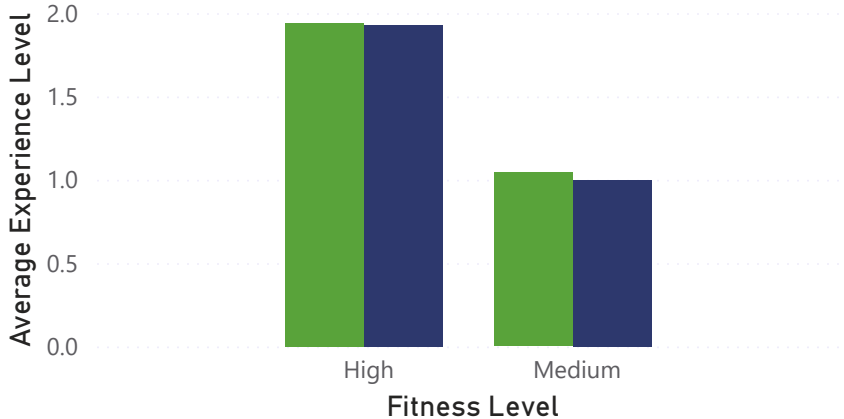
- ☒ Female
- ☒ Cardio
- ☒ HIIT
- ☒ Strength
- ☒ Yoga
- ☒ Male
- ☒ Cardio
- ☒ HIIT
- ☒ Strength



# Fitness Drivers Analysis

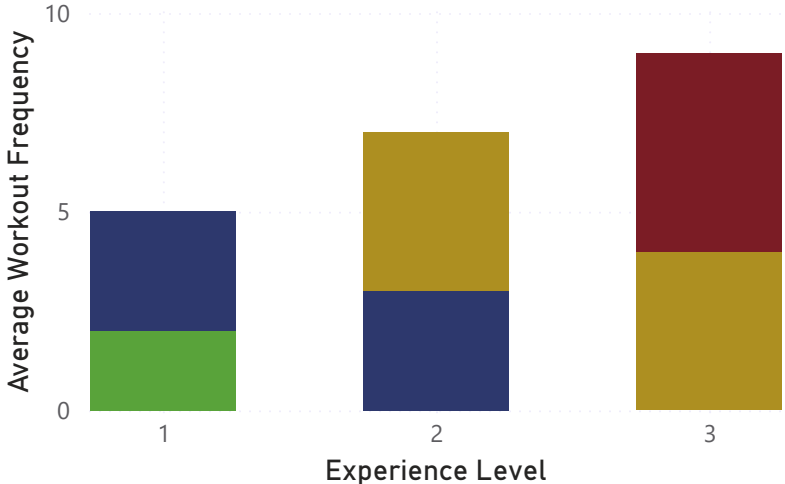
Experience Level by Fitness Level

Gender ● Female ● Male



Workout Frequency by Experience Level

Workout\_Fre... ● 2 ● 3 ● 4 ● 5



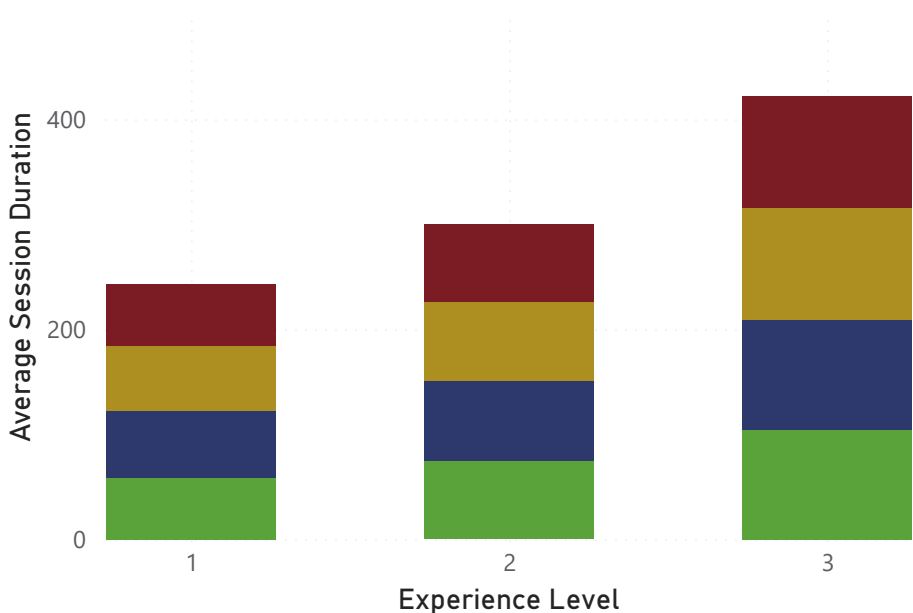
Fitness\_Level, AgeGroup, Gender

High

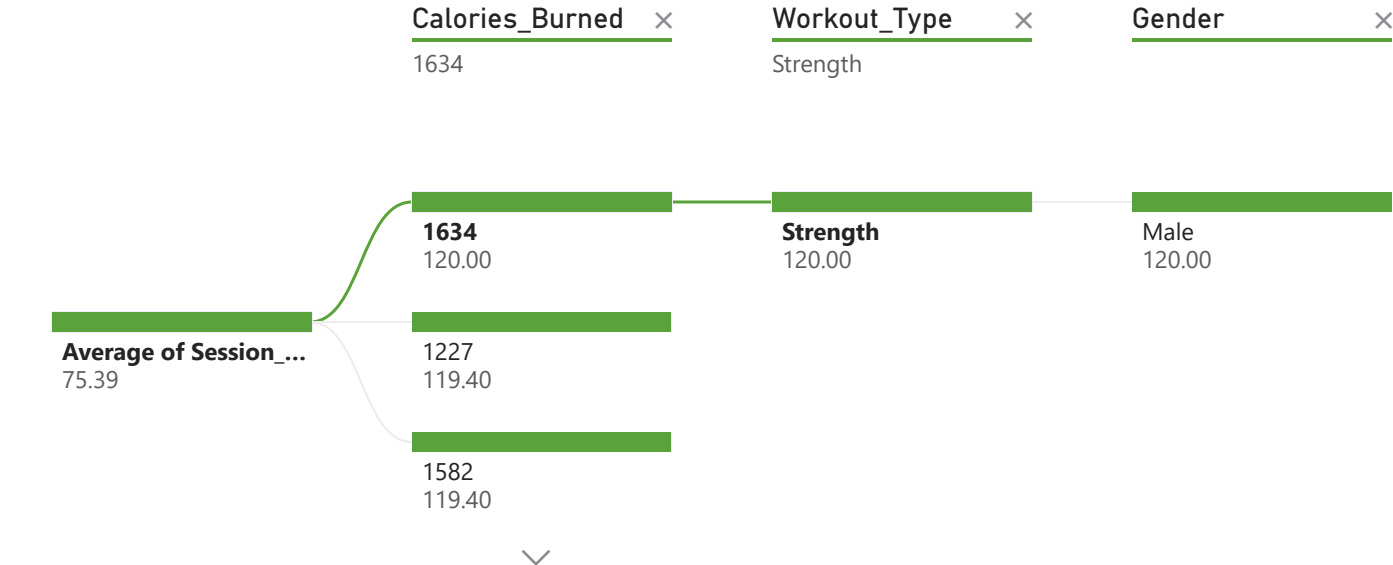
Medium

Experience Level vs. Session Duration

Workout\_Type ● Cardio ● HIIT ● Strength ● Yoga



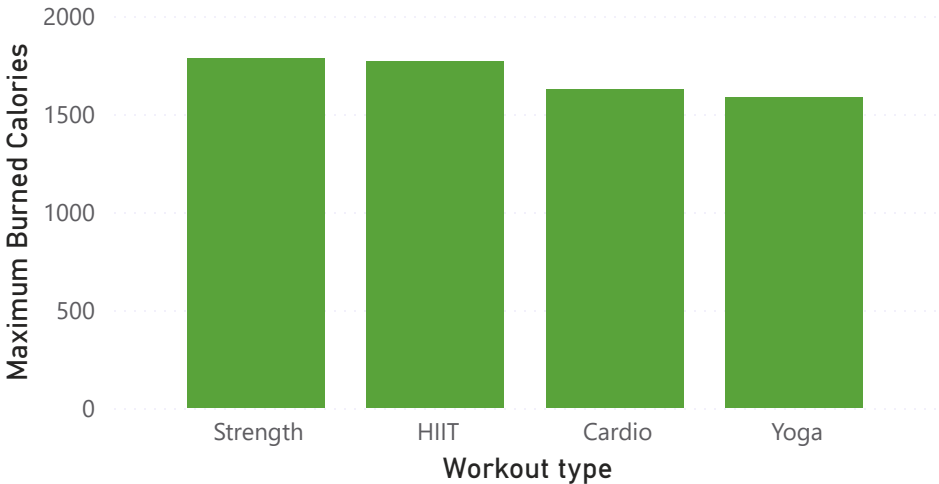
Session Duration vs Burned Calories, Workout Type and Gender





# Performance Segmentation

Maximum Calories Burned by Workout Type



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

Gender, Workout Frequency, Water Intake

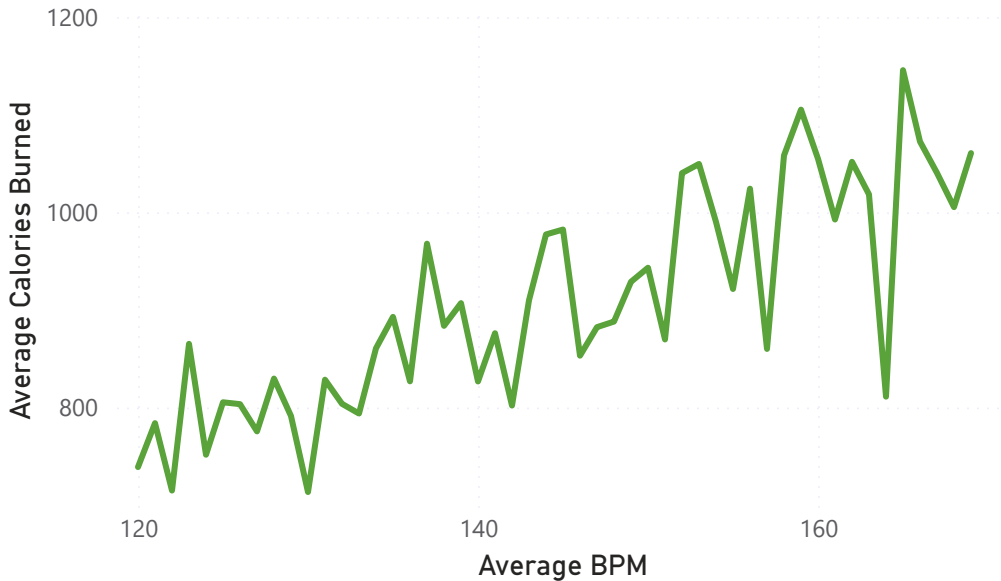
Cardio

HIIT

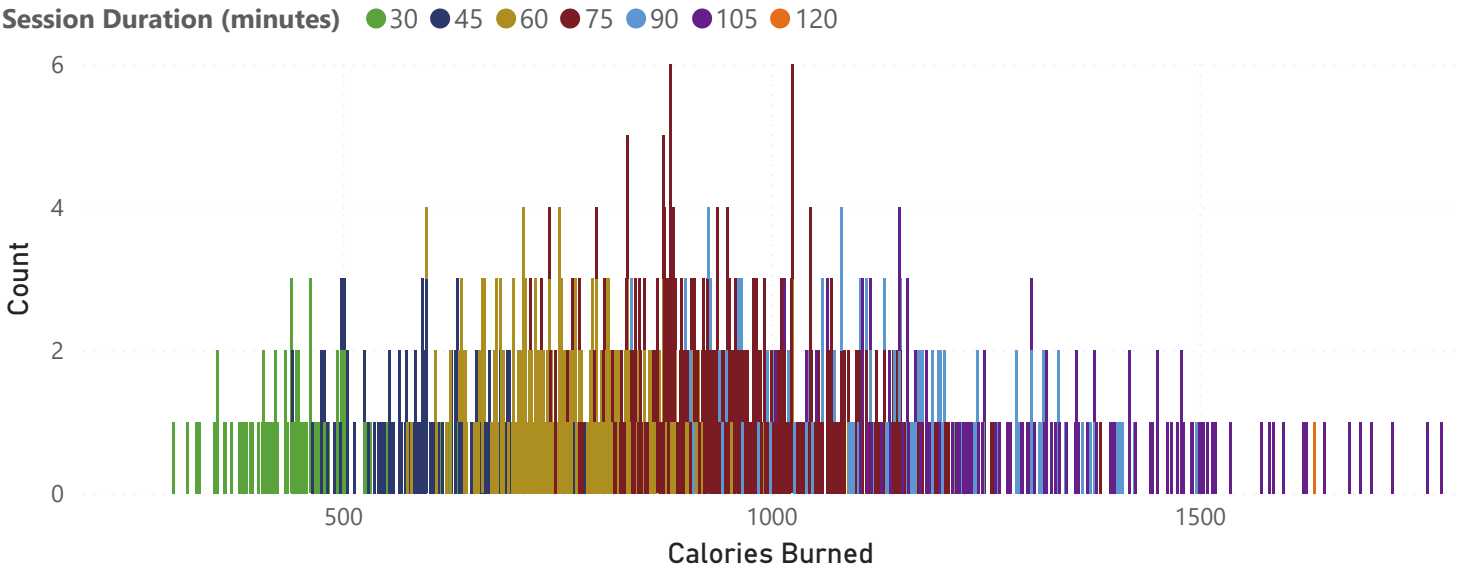
Strength

Yoga

Average Calories Burned by Average BPM



Distribution Calories Burned



# Health Metrics Correlation

Average Calories Burned and Aver by Water\_Intake (liters)



Water Intake vs. Fat Percentage

Water_Intake (liters) (bins)	10.00	15.00	20.00	25.00	30.00	35.00
1.50				60	54	1
2.00			36	105	80	
2.50		89	64	63	27	
3.00			52	61		
3.50		99	2	24	24	

Fitness\_Level, Ge... ⌵

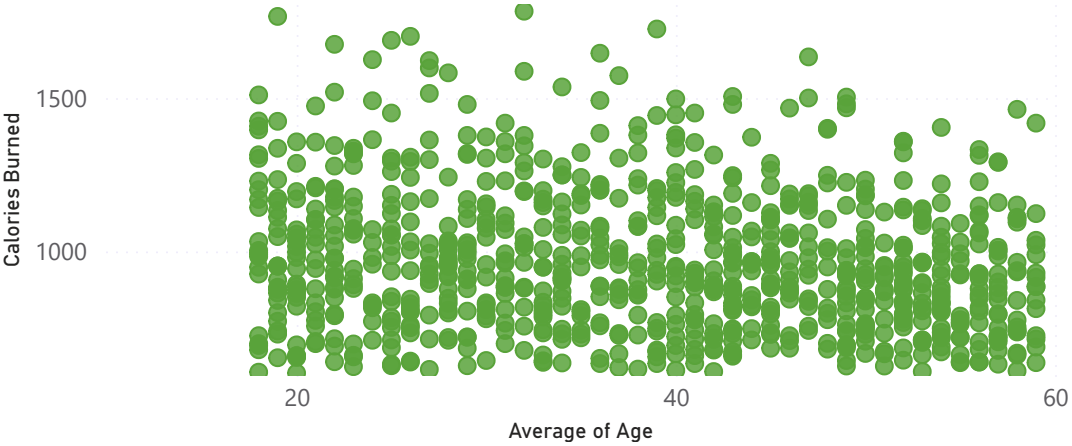
⌵ ☒ High

⌵ ☐ Medium

⌵ ☐ Female

⌵ ☐ Male

Age by Calories Burned



Experience Level by Fat\_Percentage

