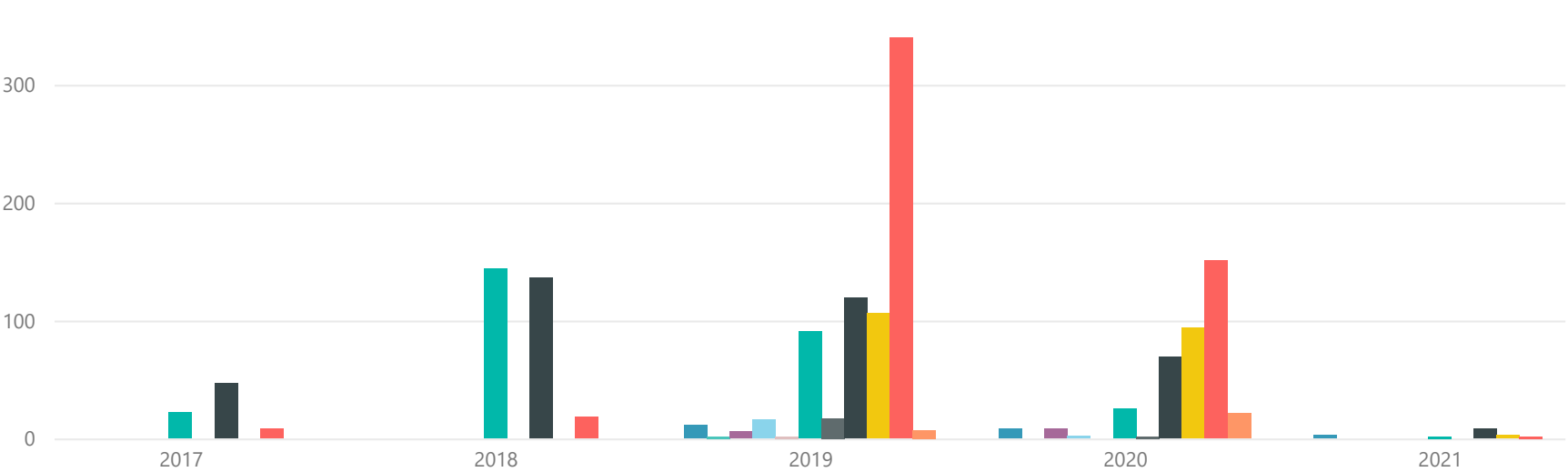


Count of Total Calories Burned by Year and Workout Type

Workout Type ● Core ● Cross Training ● Cycling ● Dance ● Golf ● HIIT ● Other ● Running ● Strength ● Walking ● Yoga



09/01/2017 07/06/2021

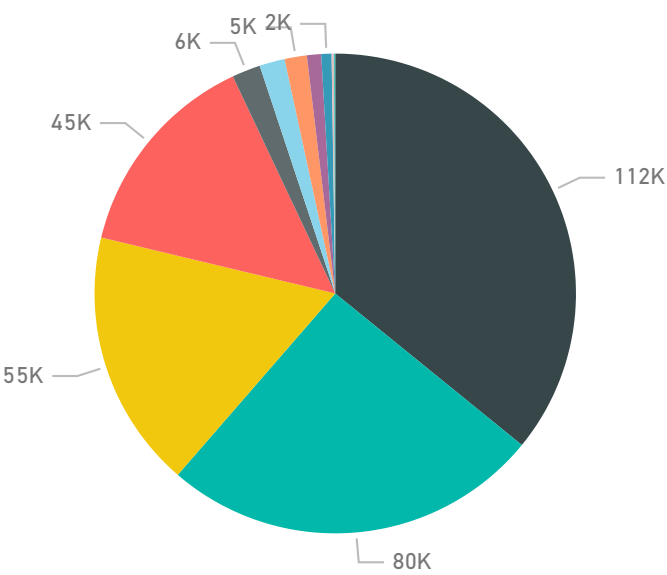


Total Calories Burned
313,290

Year	Total Calories Burned	Count of Workout Type
2017	19887	77
2018	80704	298
2019	137958	715
2020	70613	379
2021	4128	16
Total	313290	1485

Total Calories Burned by Workout Type

Workout Type ● Running ● HIIT ● Strength ● Walking ● Other ● Dance ● Yoga ● Cycling ● Core ● Golf ● Cross Training



Between 2017 and 2021, Yoga had the largest increase in Count of Total Calories Burned (200.00%) while Strength had the largest decrease (97.17%).

The most recent Count of Total Calories Burned anomaly was in 2019, when Walking had a high of 340.

Across Workout Type, Running had the most interesting recent trend with a 93.28% decrease in the last 3 years on record.

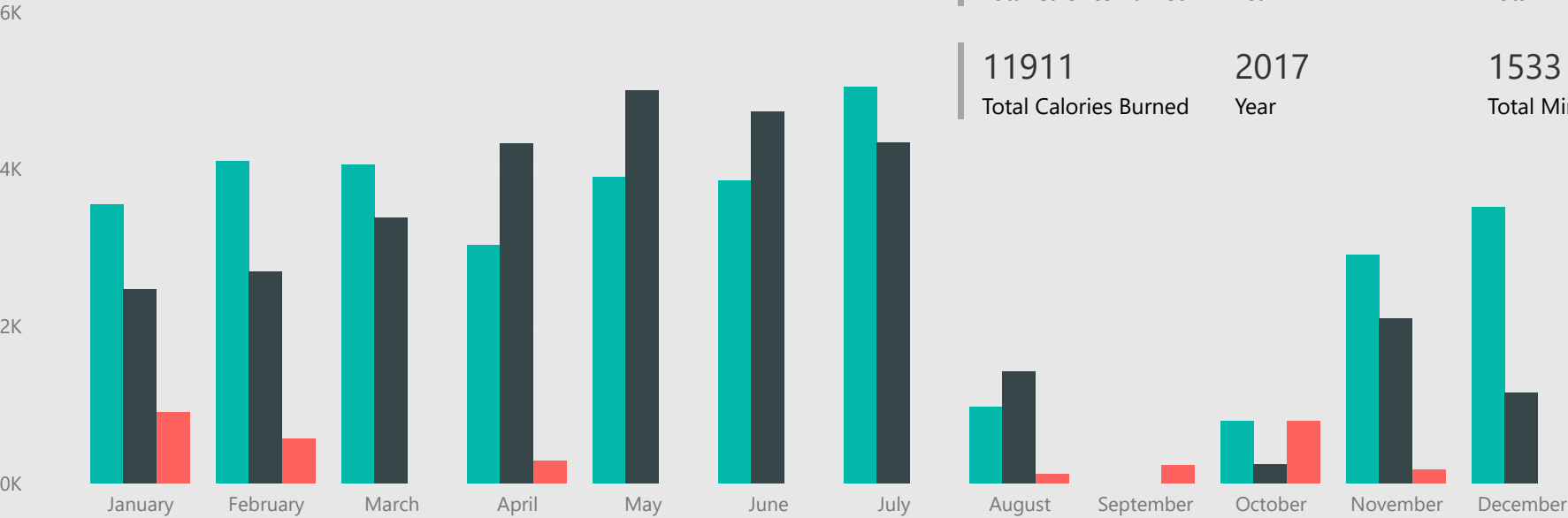


How to lose 28kg in 11 months

Proof it can be done #nothingisimpossible #transformation #vegan @thefitnessdev

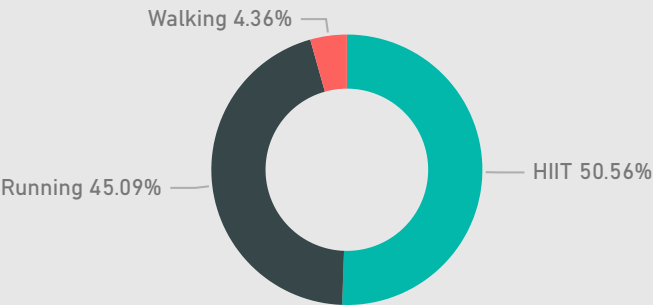
Total Calories Burned by Month and Workout Type

Workout Type ● HIIT ● Running ● Walking



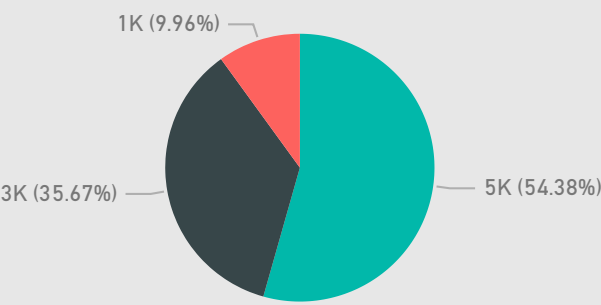
Total Calories Burned by Workout Type

Workout Type ● HIIT ● Running ● Walking



Total Mins of Training by Workout Type

Workout Type ● HIIT ● Running ● Walking



27/09/2017 11/08/2018



58722
Total Calories Burned

2018
Year

7186
Total Mins of Training

11911
Total Calories Burned

2017
Year

1533
Total Mins of Training

71K

Total Calories Burned

8719

Total Mins of Training

274

Number of Workouts

Year	HIIT	Running	Walking	Total
2017	7219	3488	1204	11911
September			236	236
October	789	245	791	1825
November	2910	2093	177	5180
December	3520	1150		4670
2018	28490	28359	1873	58722
January	3549	2467	904	6920
February	4097	2690	572	7359
March	4055	3379		7434
April	3026	4329	284	7639
May	3894	5002		8896
June	3852	4731		8583
July	5046	4333		9379
August	971	1428	113	2512
Total	35709	31847	3077	70633