



Fitness

Analytic Dashboard

[Home](#)

[Overall](#)

[Calculator](#)

[Members](#)

Fitness Dashboard

Track your fitness activites and health

03:30 PM

Last Dashboard refresh

Home

Overall

Calculator

Members



Orange
Theme



Clients
100

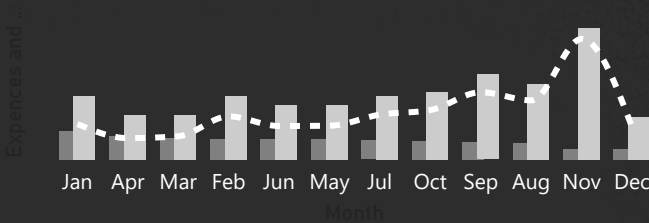
Trainers
20

Revenue
4.1M

Expences
1.2M

Finances

Expences Revenue Profit



Revenue
4.1M

Expences
1.2M

Profit
2.9M

Client memberships

Active

Expired

UserName	Status	membership
Aaron Clarke	Active	75%
Adrian Becker	Active	55%
Alexander Garcia	Expired	100%
Anthony Lopez	Expired	100%
Benjamin Gomez	Active	57%

Memberships

Active

Expired



Platinum
memberships

18

15



Gold
memberships

15

20



Silver
memberships

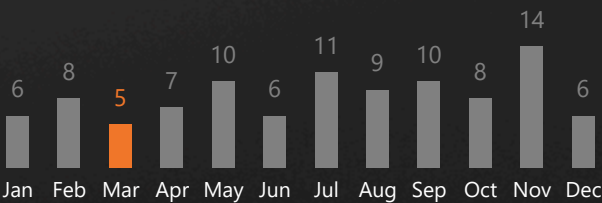
11

21

Monthly members

Max

Min



Fitness Dashboard

Track your fitness activites and health

03:30 PM

Last Dashboard refresh

Home

Overall

Calculator

Members



Orange
Theme



Clients
100

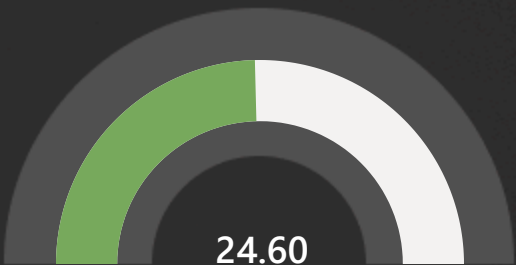
Trainers
20

Revenue
4.1M

Expences
1.2M

BMI (Body Mass Index)

Normal



24.60

Your Calorie Result

BMR (Basal Metabolic Rate) 24.60

TDEE (Total Daily Energy Expenditure) 1.20K

Maintenance Calories 1.20K

Mild Weight Loss Calories 1.11K

Weight loss Calories 1.02K

Extreame Weight Loss 840.87

Calorie Calculator

Female

Male

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

Activity Type

Active: daily exercise or intense exercise 3-4 ti...

51

select your age

6.30

select your height

90.70

select your weight

Fitness Dashboard

Track your fitness activites and health

03:30 PM

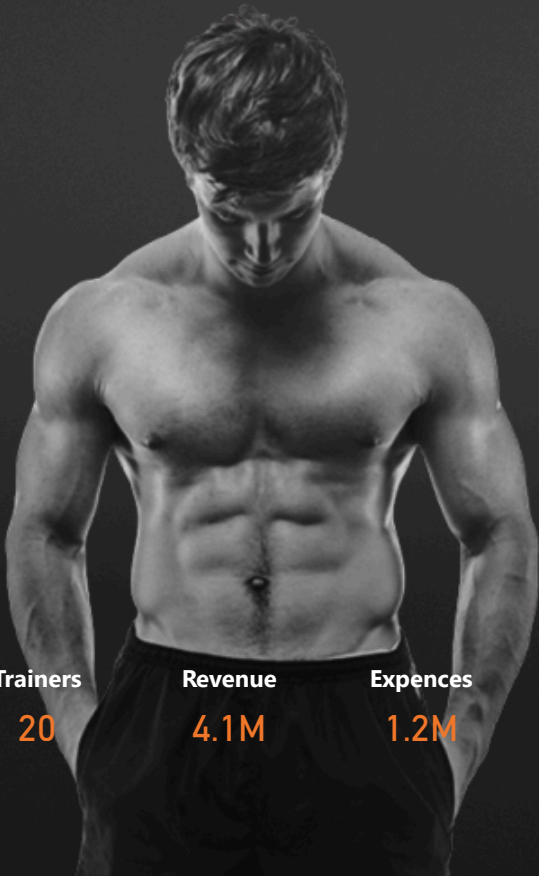
Home Overall Calculator Members

Last Dashboard refresh

Members by Age Category and Gender

Members by Age Category and Status

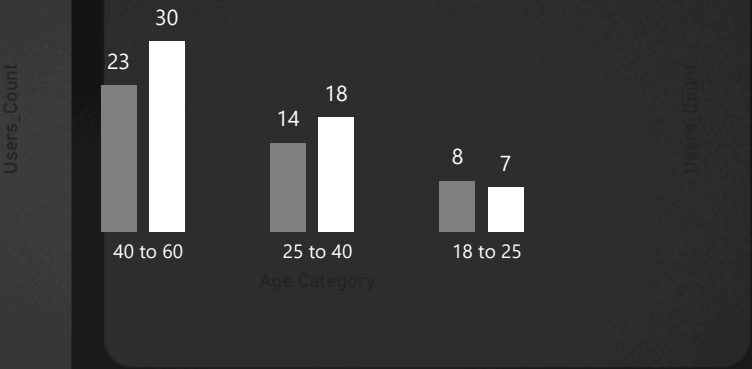
Orange Theme



Clients 100 Trainers 20 Revenue 4.1M Expences 1.2M

Gender Female Male

Status Active Expired



Members Information

Female Male

Name	Gender	Goal	Age	Status	membership	BMI
Aaron Clarke	Male	Maintenance	44	Active	<div><div></div></div> 75%	33.40
Adrian Becker	Male	Muscle Gain	32	Active	<div><div></div></div> 55%	35.20
Alexander Garcia	Female	Weight Loss	28	Expired	<div><div></div></div> 100%	31.40
Anthony Lopez	Female	Weight Loss	59	Expired	<div><div></div></div> 100%	21.00
Benjamin Gomez	Female	Weight Loss	26	Active	<div><div></div></div> 57%	23.00
Beth Ford	Female	Muscle Gain	56	Expired	<div><div></div></div> 100%	22.30
Beth Johnson	Female	Muscle Gain	23	Active	<div><div></div></div> 94%	32.60