

Fitness & Health Tracking Exploratory Data Analysis

Avg sleep hrs

6.58

Members

350

Avg Calories Burned

958.09

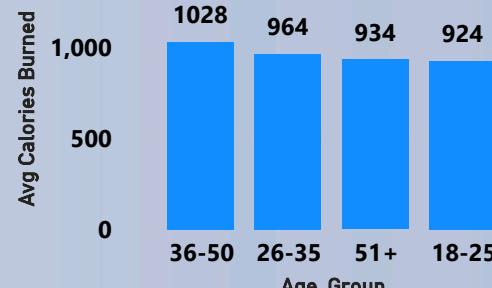
Avg daily steps

10.94K

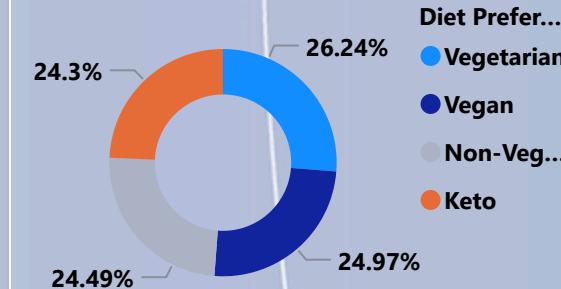
Max Workout Duration

120

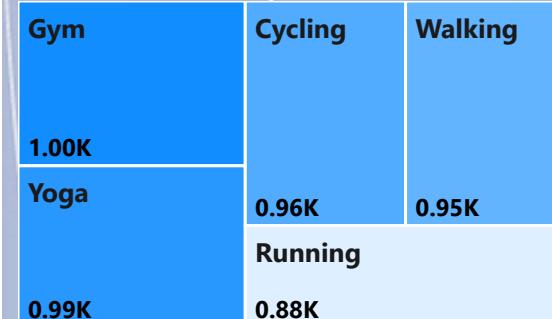
Avg Calories Burned by Age_Group



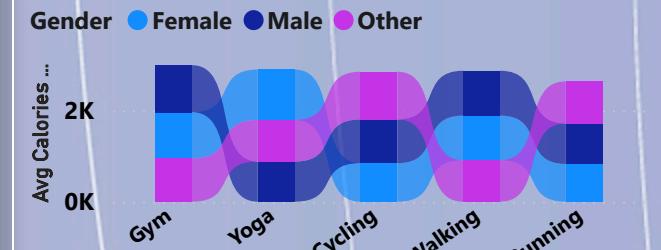
Calories Burned by Diet_Preference



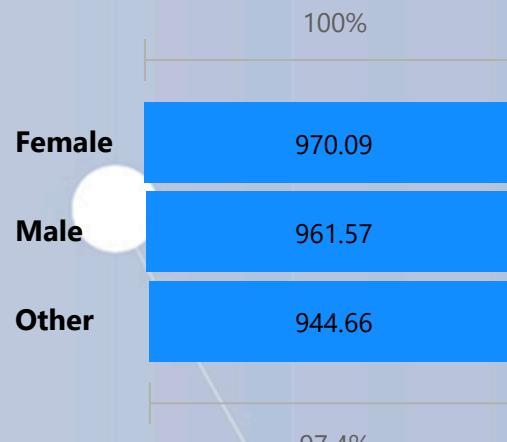
Calories Burned by Activity Type



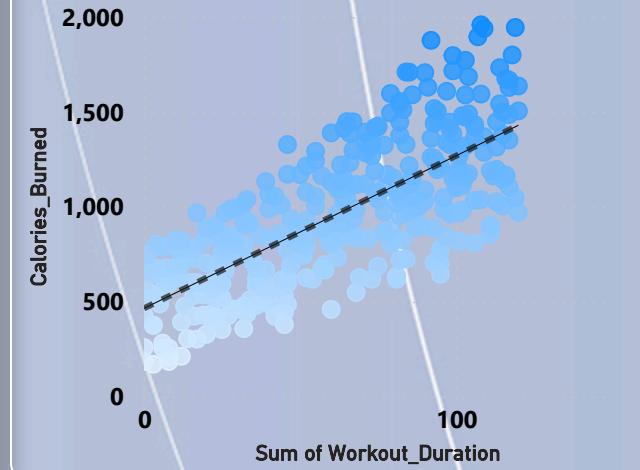
Avg Calories Burned by Activity_Type and Gender



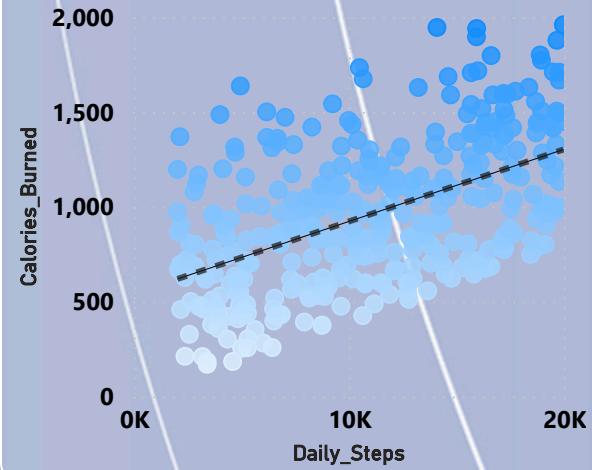
Avg Calories Burned by Gender



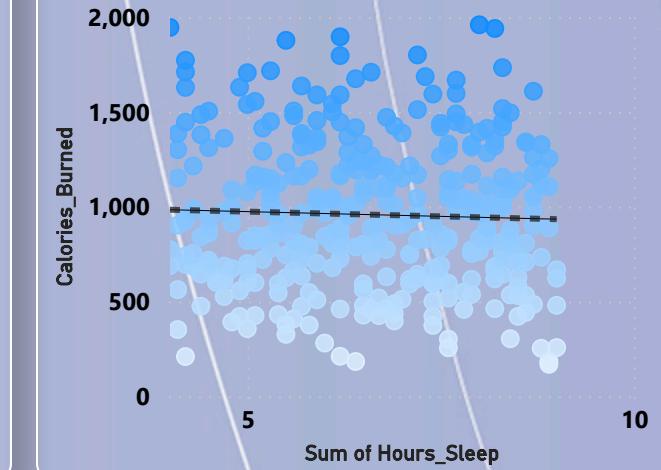
Workout Duration by Calories Burned



Daily Steps Vs Calories_Burned



Hours of Sleep by Calories_Burned



Highest Avg workout duration

65.51

Activity with Highest avg...

Gym

% User Low Sleep High Burn

4.00%

% User have good sleep

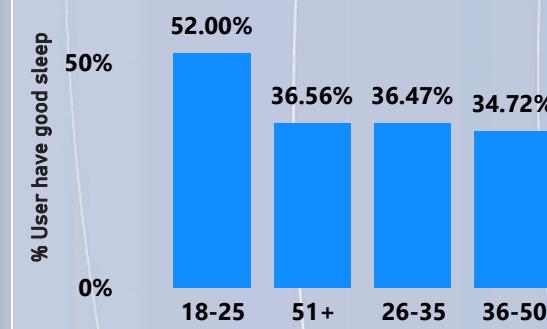
40.57%

Workout participation rate

98.86%

Activity_Type	Avg workout duration
Running	57.69
Yoga	59.94
Cycling	61.66
Walking	62.13
Gym	65.51
Total	61.45

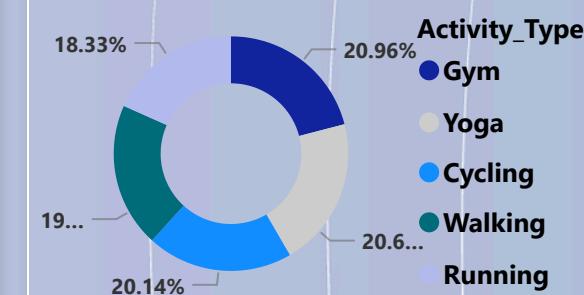
% User have good sleep by Age_Group



Workout participation % by Activity



Avg Calories Burned by Activity_Type



Avg Burn Per Workout Minute by Activity_Type



Health Score by Country



Health Score by Country

