

Gym Members - Dataset Summary Card

Dataset							
Source	https://www.kaggle.com/datasets/valakhorasani/gym-members-exercise-dataset						
Origin	The origin and creation process of this dataset is unknown.						
Features	<p>Data dictionary provided by dataset distributor describes the dimensions</p> <ul style="list-style-type: none">• Age: Age of the gym member.• Gender: Gender of the gym member (Male or Female).• Weight (kg): Member’s weight in kilograms.• Height (m): Member’s height in meters.• Max_BPM: Maximum heart rate (beats per minute) during workout sessions.• Avg_BPM: Average heart rate during workout sessions.• Resting_BPM: Heart rate at rest before workout.• Session_Duration (hours): Duration of each workout session in hours.• Calories_Burned: Total calories burned during each session.• Workout_Type: Type of workout performed (e.g., Cardio, Strength, Yoga, HIIT).• Fat_Percentage: Body fat percentage of the member.• Water_Intake (liters): Daily water intake during workouts.• Workout_Frequency (days/week): Number of workout sessions per week.• Experience_Level: Level of experience, from beginner (1) to expert (3).• BMI: Body Mass Index, calculated from height and weight.						
Quality	<ul style="list-style-type: none">• Contains 973 total entries.• No missing data or zero values.						
Bias	<p>Gender dimension show no significant class imbalance.</p> <table><tr><th colspan="2">Unique value counts for ‘gender’</th></tr><tr><td>Female</td><td>462</td></tr><tr><td>Male</td><td>511</td></tr></table> <p>Age dimension has no entries under 18 or above 59. We can conclude that the dataset is biased against those age groups and no conclusion about those age groups can be drawn from the results of the analysis.</p>	Unique value counts for ‘gender’		Female	462	Male	511
Unique value counts for ‘gender’							
Female	462						
Male	511						

Limitations	<p>The dataset does not provide sufficient information for comprehensive business analysis. Generic gym member segmentation is possible under the assumption that the dataset is complete and gathered from a single gym location. The absence of location or temporal features limits the scope for extended comparative analysis across those dimensions.</p>
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