

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 features</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>Nominal or categorical features 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> <table><tr><th colspan="2">Unique value counts for 'workout_type'</th></tr><tr><td>Strength</td><td>258</td></tr><tr><td>Cardio</td><td>255</td></tr><tr><td>Yoga</td><td>239</td></tr><tr><td>HIIT</td><td>221</td></tr></table>	Unique value counts for 'gender'		Female	462	Male	511	Unique value counts for 'workout_type'		Strength	258	Cardio	255	Yoga	239	HIIT	221
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Limitations	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.
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