Pages

Columns SUM(Your age (min))

Rows Your name

Marks

Bar

Color Size Label

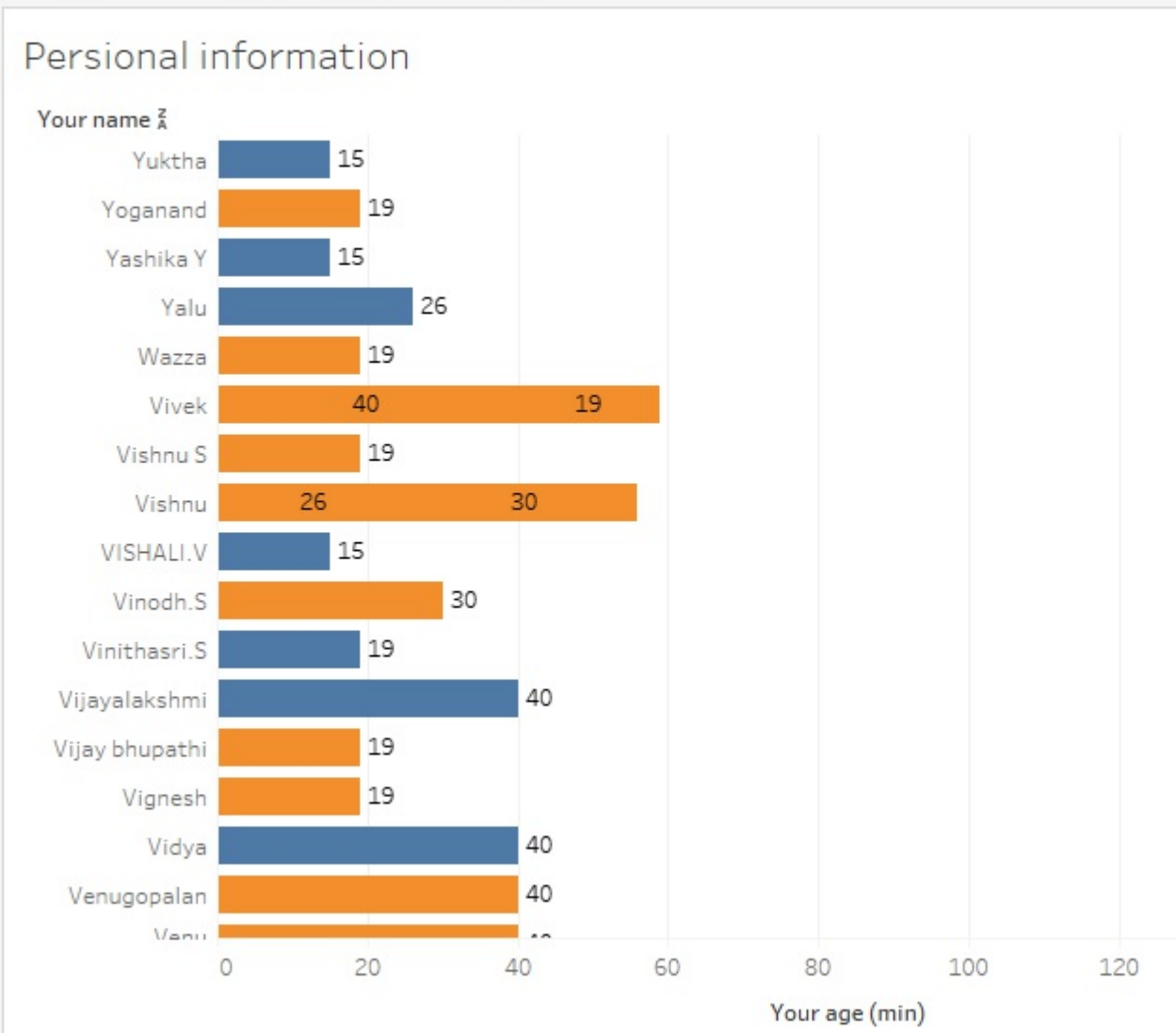
Detail Tooltip

Your gender

SUM(Your age..

What form(s) ..

Do you exercis..



Pages

Columns: SUM(How healthy do..

Rows: Your name | How do you describe ..

Filters

Action (What for..

Marks

Automatic

Color | Size | Label | Detail | Tooltip

Would you say ..

What form(s) ..

SUM(How heal..

Health status

Your name	How do you..	
A. SIMAN RAAHEEL	Good	3
Abhirami sotta	Average	3
Akhil Pisharody	Average	
Allwin	Average	3
Alwarsamy	Good	3
Ambiga	Perfect	
Ammu	Unfit	2
Anisha	Average	3
Anitha Harikrishnan	Good	3
Arshad	Unfit	1
Arun	Good	4
Bharathi	Average	3
Chockalingam.K	Average	2
Cutie	Average	3
Dharani Priyanka	Unfit	2
Dhikshitha	Unfit	3
Dhivya	Good	4
Dominic	Average	3
Elakya	Average	2
Gautham	Good	3
Geetha Saravanan	Good	3

0 1 2 3 4

How healthy do you consider yourself?

Pages

Columns: Your name

Rows: SUM(How often do y..) SUM(How long do yo..)

Filters

- Action (What for..)
- Action (How do y..)

Marks

All

Multiple

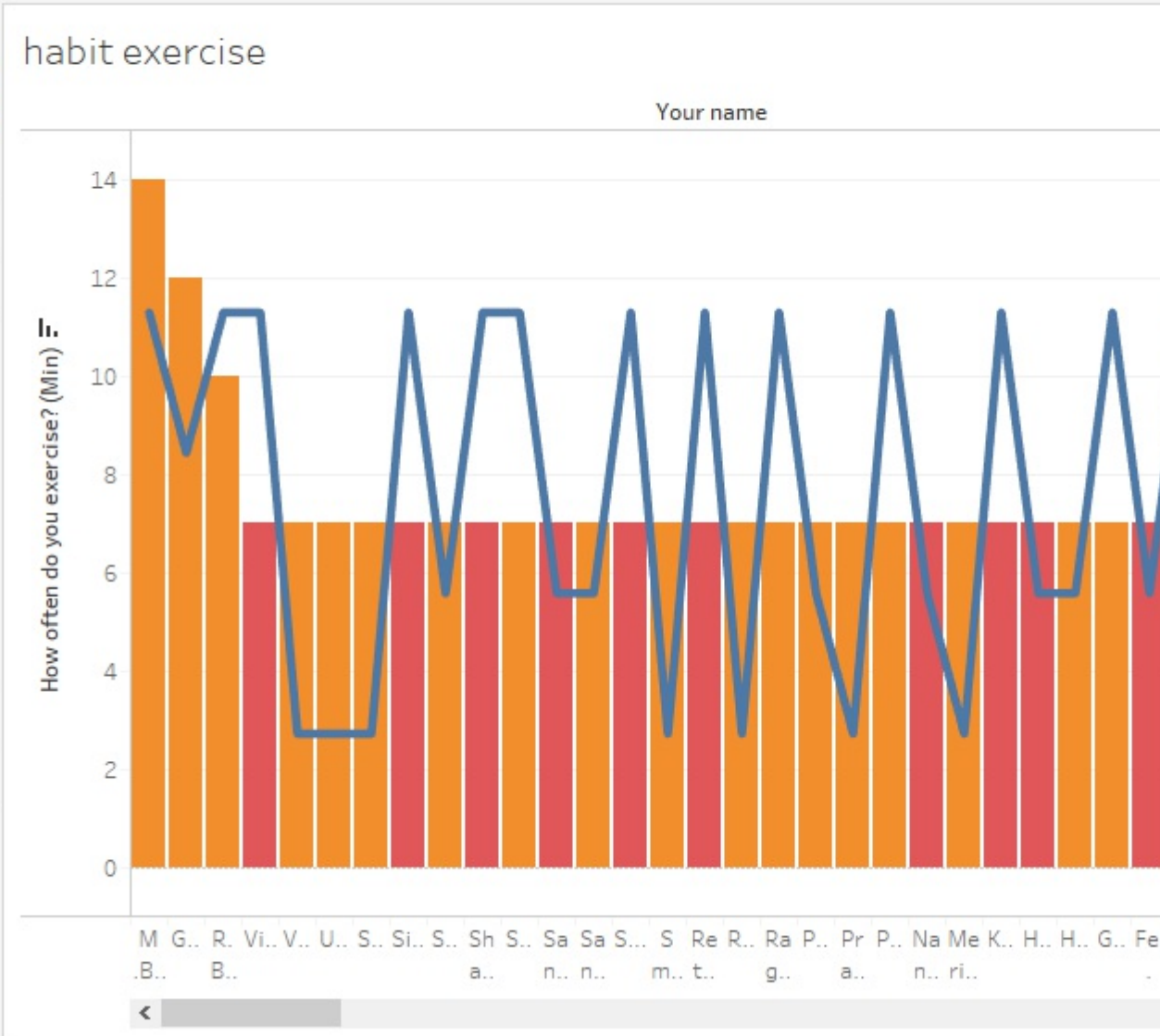
Color | Size | Label | Detail | Tooltip

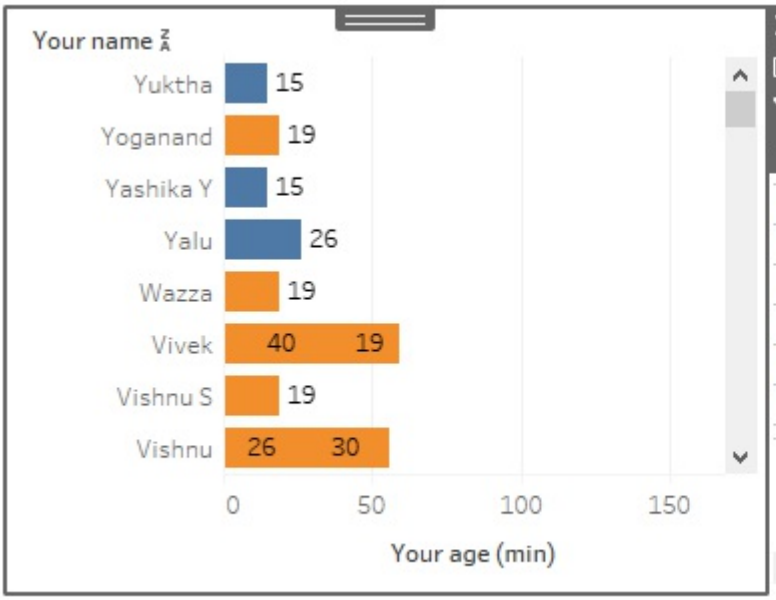
Multiple fields

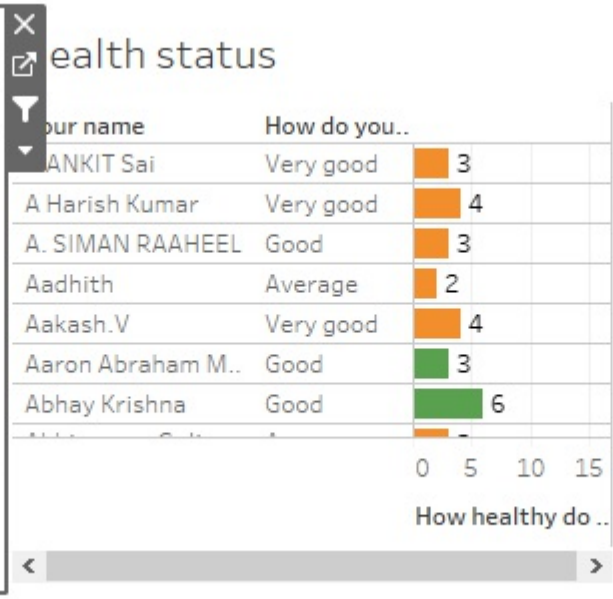
Multiple fields

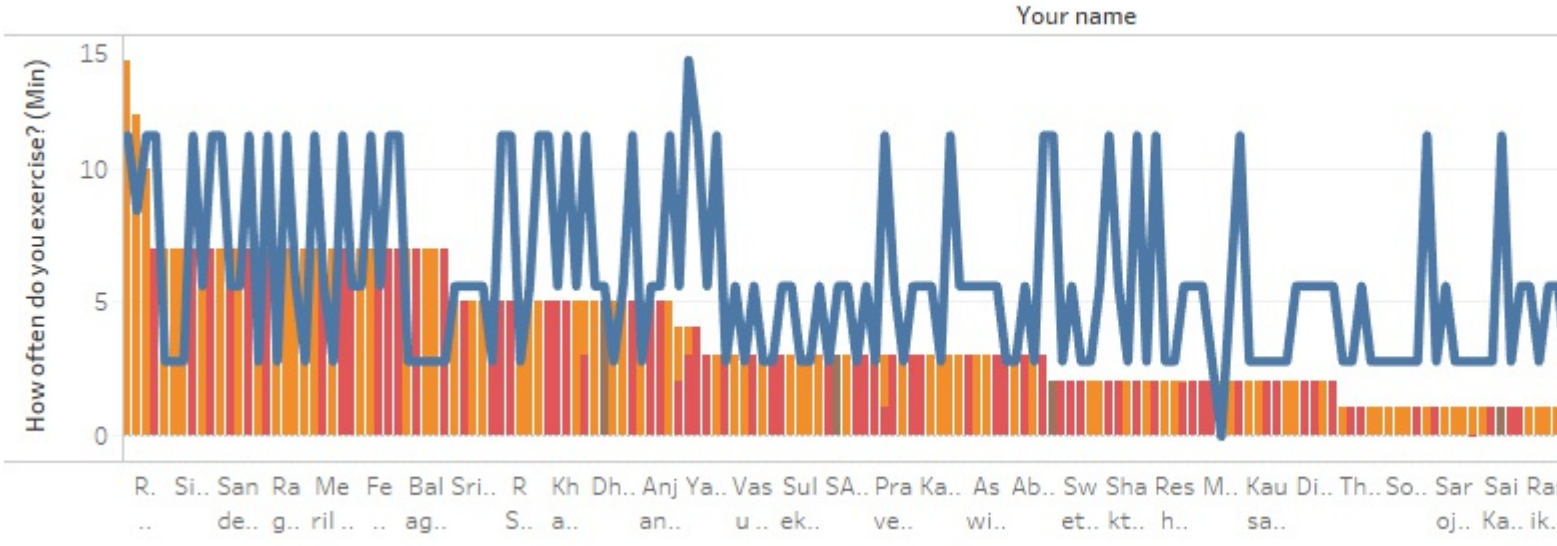
SUM(How ofte...

SUM(How long ...









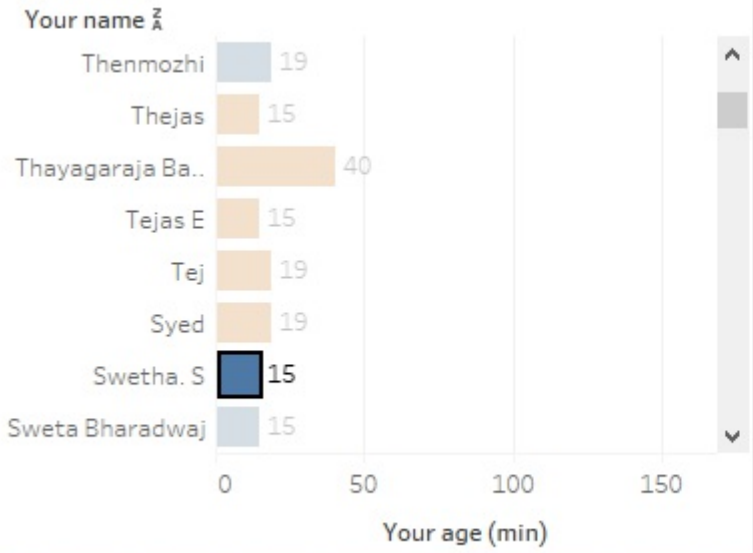
Actions

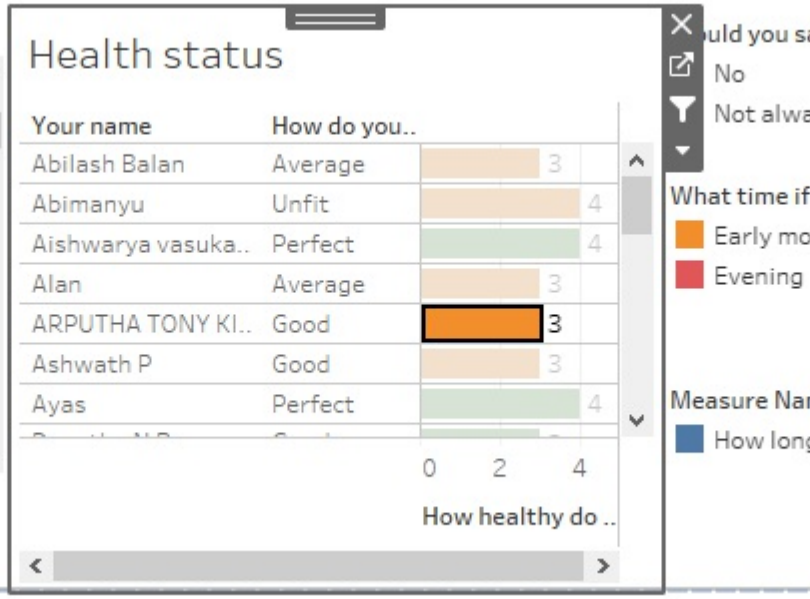
Actions let you create interactive relationships between data, dashboard objects, other workbook sheets, and the web.

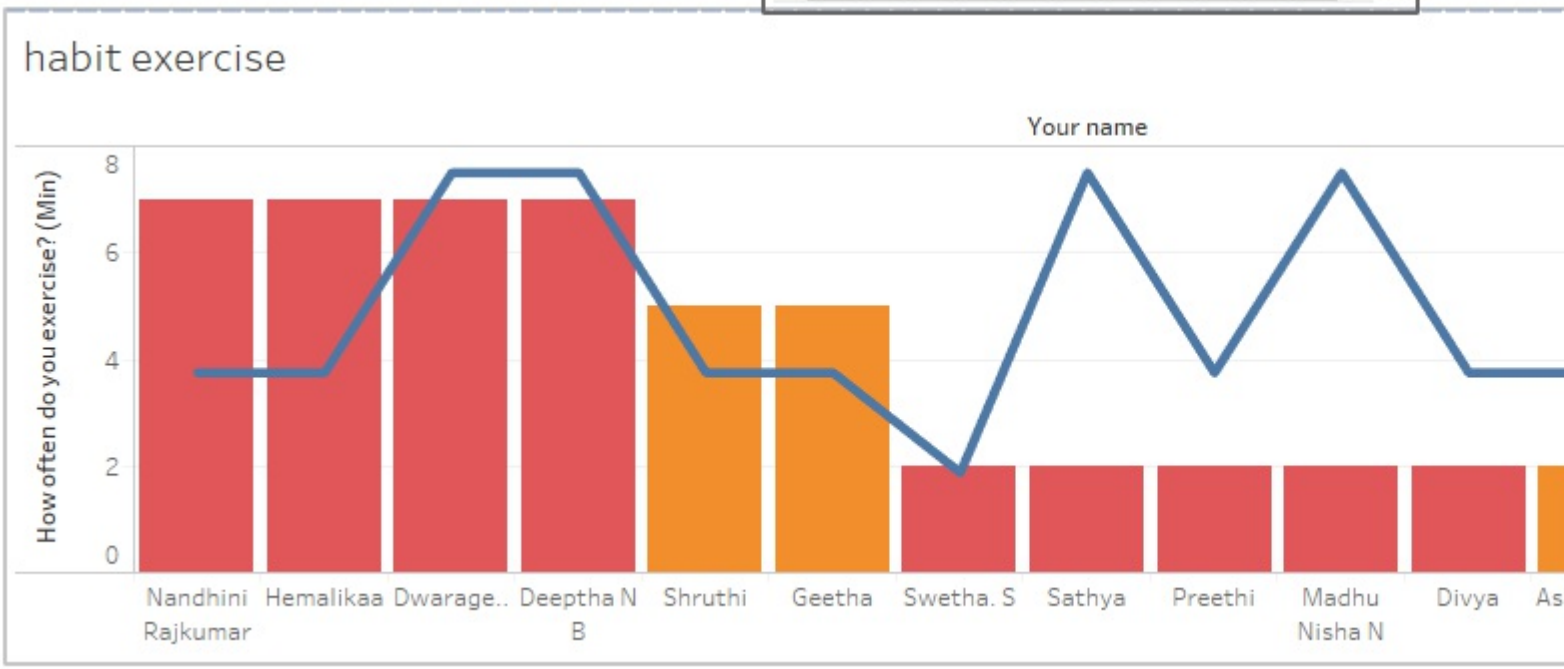
Name	Run On	Source	Fields
Filter1	Select	Analyze personal data (Persio...	What form(s) of exercise do you currently participate in?
Filter2	Select	Analyze personal data (Health...	How do you describe your current level of fitness?

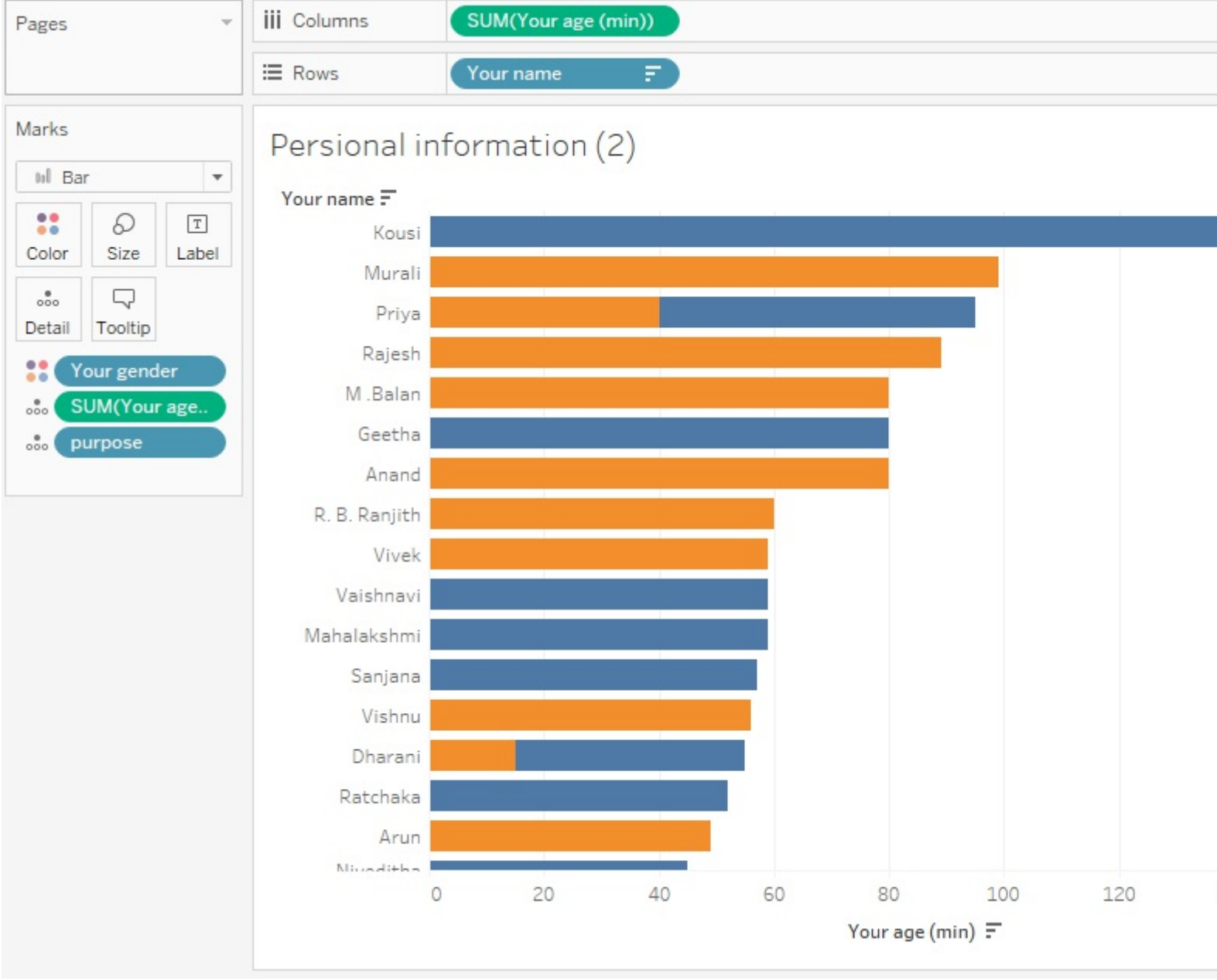
Add Action >

Show actions for all sheets in this workbook


Your name
Thenmozhi 19
Thejas 15
Thayagaraja Ba.. 40
Tejas E 15
Tej 19
Syed 19
Swetha. S 15
Sweta Bharadwaj 15
0 50 100 150
Your age (min)


Health status
Your name
How do you..
Abilash Balan Average 3
Abimanyu Unfit 4
Aishwarya vasuka.. Perfect 4
Alan Average 3
ARPUTHA TONY KI.. Good 3
Ashwath P Good 3
Ayas Perfect 4
0 2 4
How healthy do ..
uld you sa
No
Not alwa
What time if
Early mo
Evening
Measure Nar
How long


habit exercise
Your name
How often do you exercise? (Min)
0 2 4 6 8
Nandhini Rajkumar
Hemalikaa
Dwarage..
Deeptha N B
Shruthi
Geetha
Swetha. S
Sathya
Preethi
Madhu Nisha N
Divya



The personal information table (2) will store the information of users including: name, max age, min age, gender and purpose of customers with the following attributes:

[Your name]

[Your gender]

[Your age (min)]

[Your age (max)]

[purpose]: filtered by code

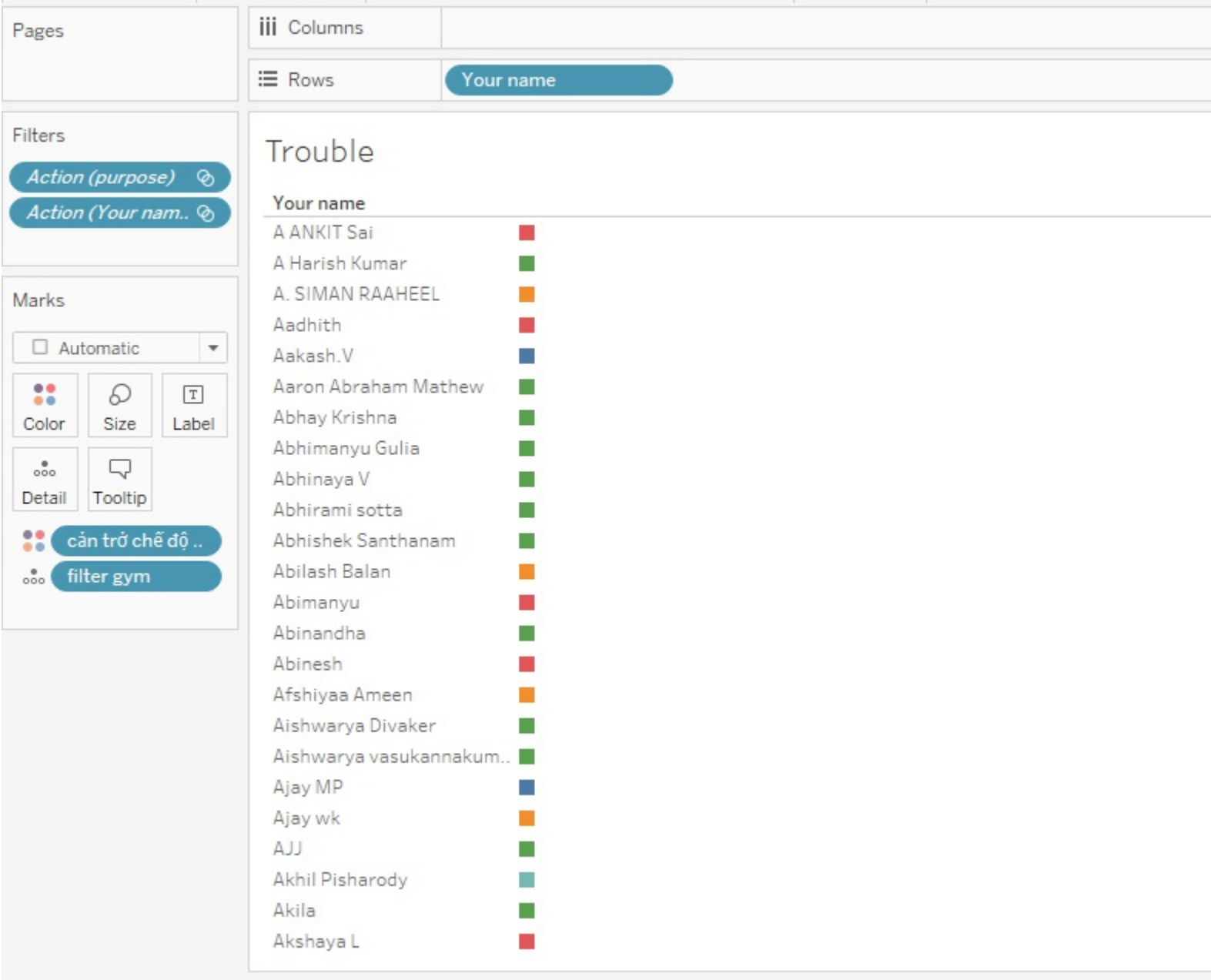
if CONTAINS([What motivates you to exercise?], 'I want to be flexible') then "I want to be flexible" ELSEIF CONTAINS([What motivates you to exercise?], 'I want to relieve stress') then "I want to relieve stress"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to lose weight') then "I want to lose weight"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to achieve a sporting goal') then "I want to achieve a sporting goal"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to be fit') then "I want to be fit"

End



The Trouble table is a table that outlines a client's goals and the obstacles they encounter. [Your name]

[Purpose]

[Trouble]: filtered by code

if CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Temptation and cravings') then "Temptation and cravings" ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Ease of access to fast food') then "Ease of access to fast food"

ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Cost') then "Cost"

ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Lack of time') then "Lack of time"

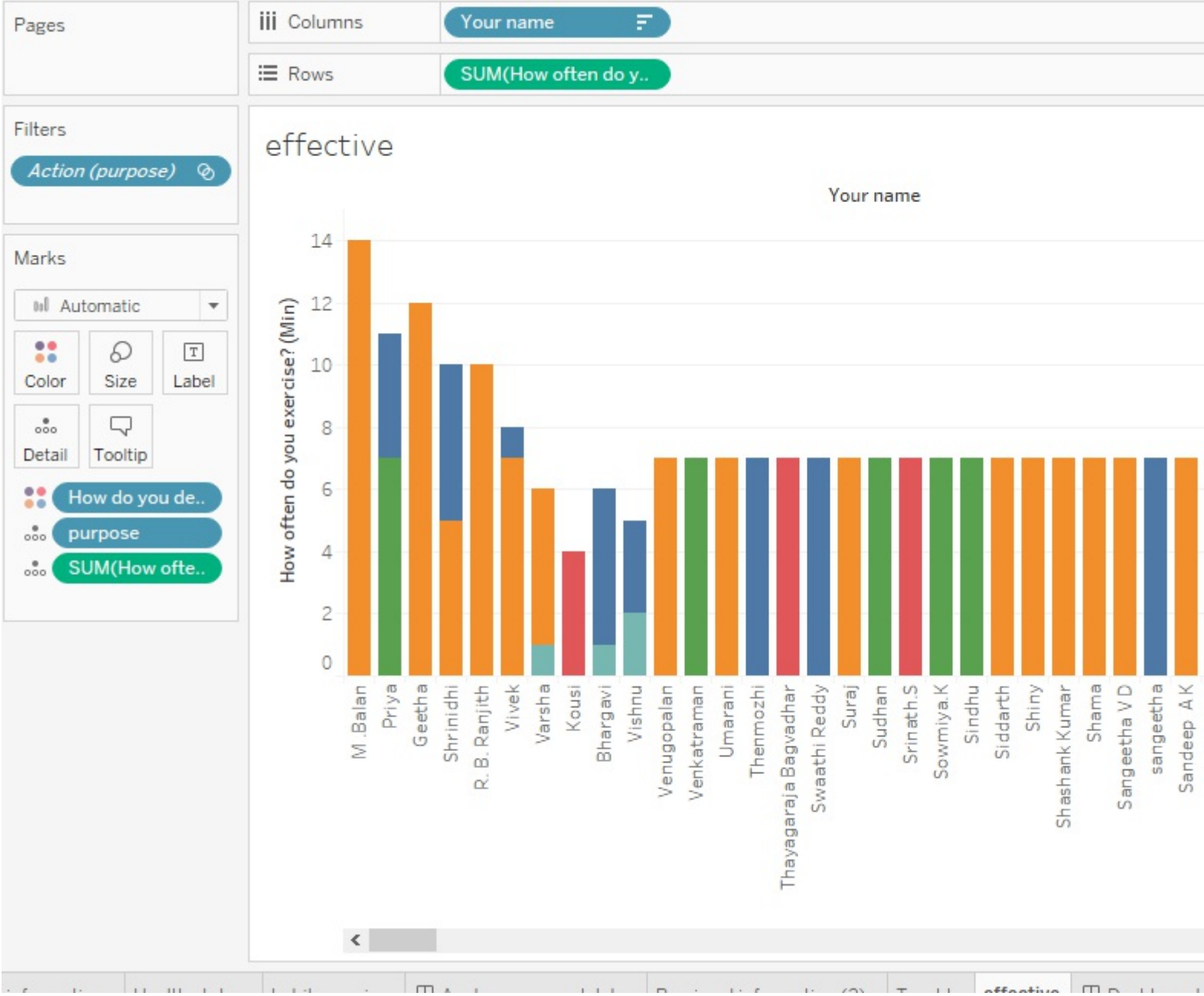
else "other"

end

[filter gym]: filtered by code

if CONTAINS([What form(s) of exercise do you currently participate in?], 'Gym') then "Gym" else "Other"

end



The effective table shows the results of practice of customers:

[Your name]

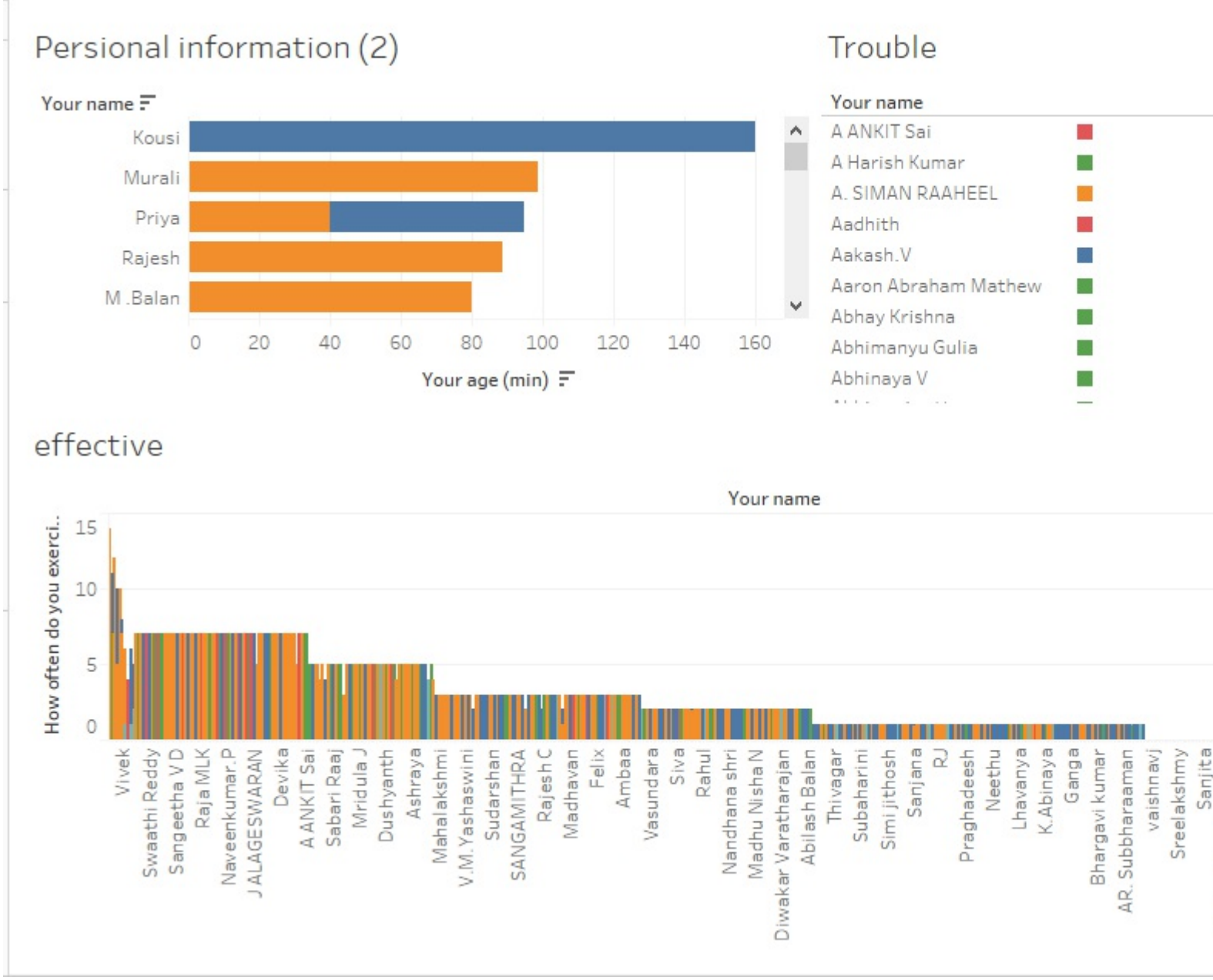
[How often do you exercise? (Min)]

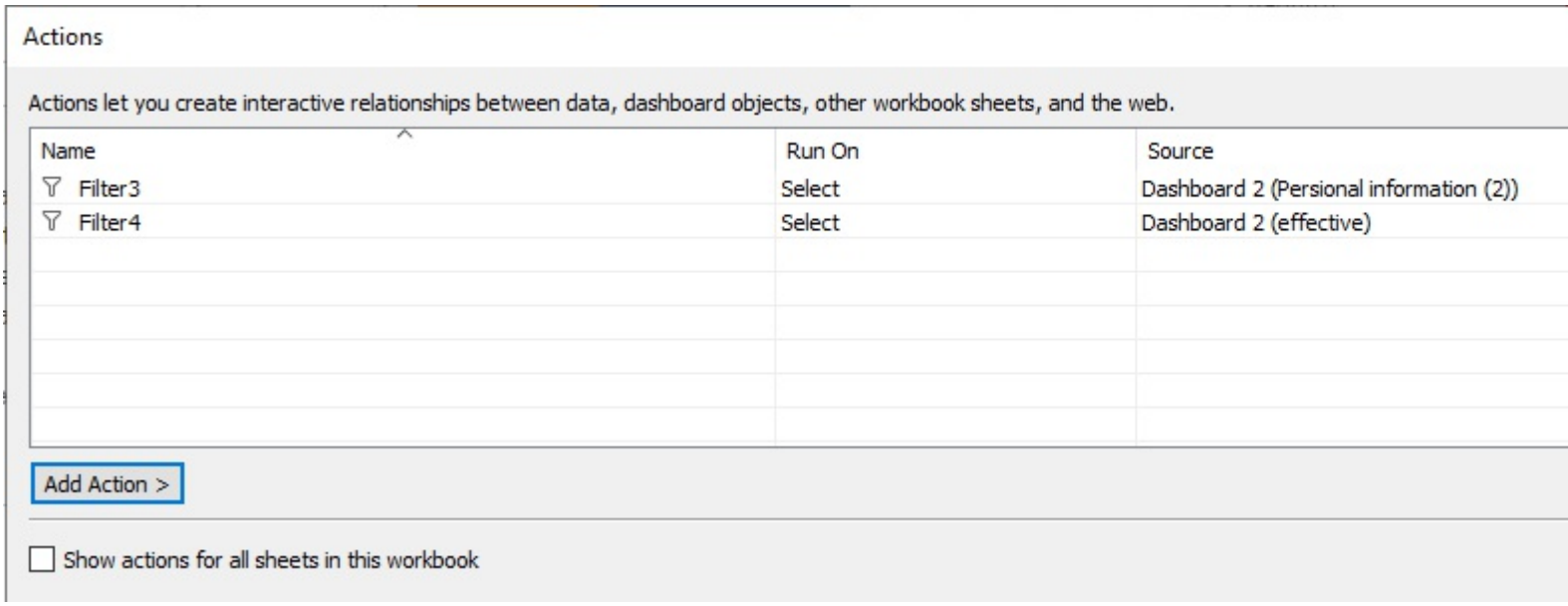
[How often do you exercise? (Max)]

[How do you describe your current level of fitness?]

[purpose]

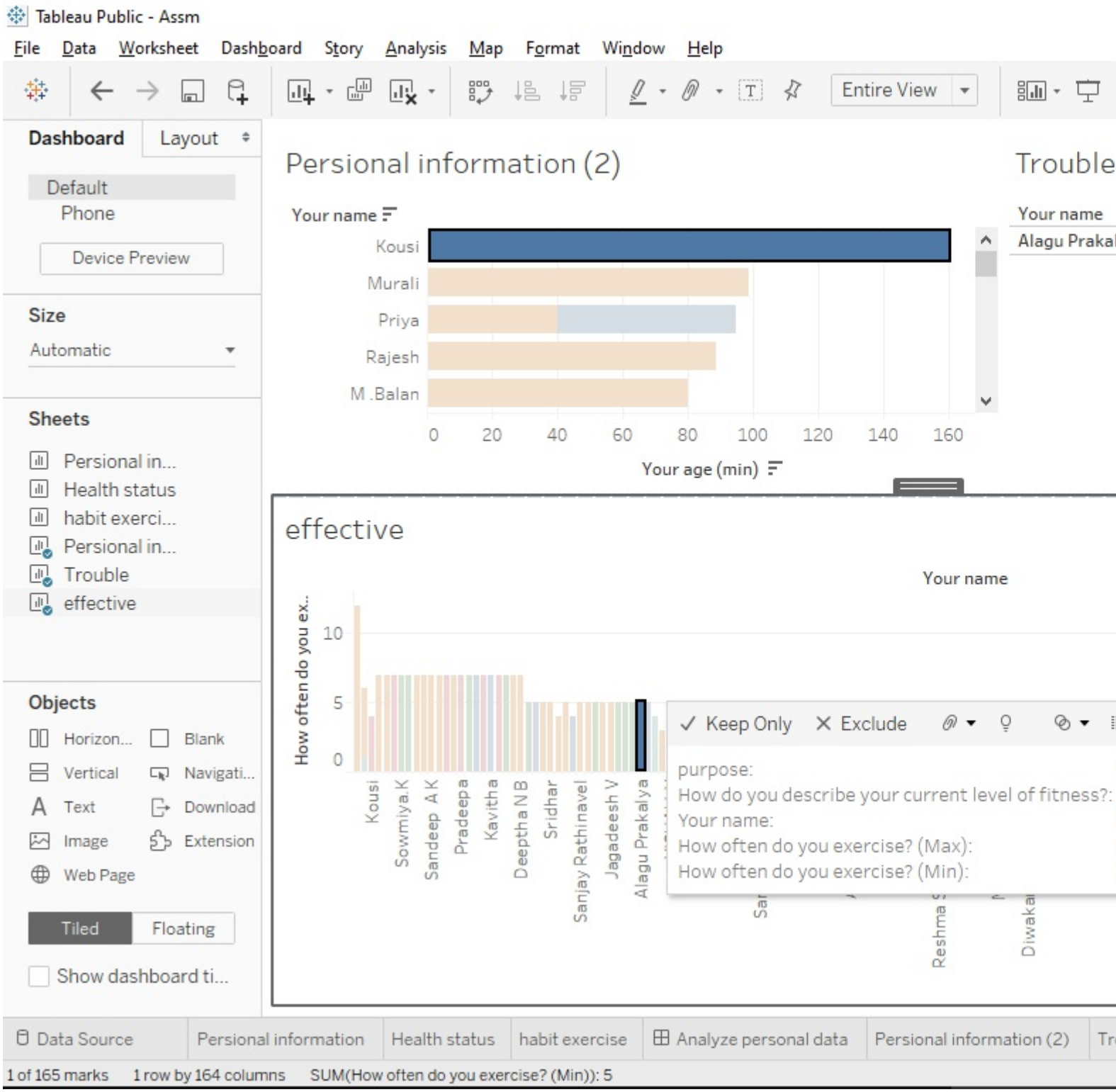
Then, merge the 3 sheets above to form a Dashboard. Its meaning is to support clients who practice long and do not perform well. Since then create a good relationship with customers.





The Personal information table (2) is linked to the effective table via the [Purpose] field.

The effective table binds to the Trouble table via field [Your name]



From the Persional information panel (2), choose a training purpose. This will lead to changes to the effective table and the effective table will show practitioners for the chosen purpose: frequency of the practice and its effectiveness.

From there, find out those who practice a lot but are not effective. Selecting that person will change the Trouble panel and show all the obstacles that person is facing.

From there, the company can give people a 1-day free training to solve their problem. It both enhances the training atmosphere and creates good relationships with customers.