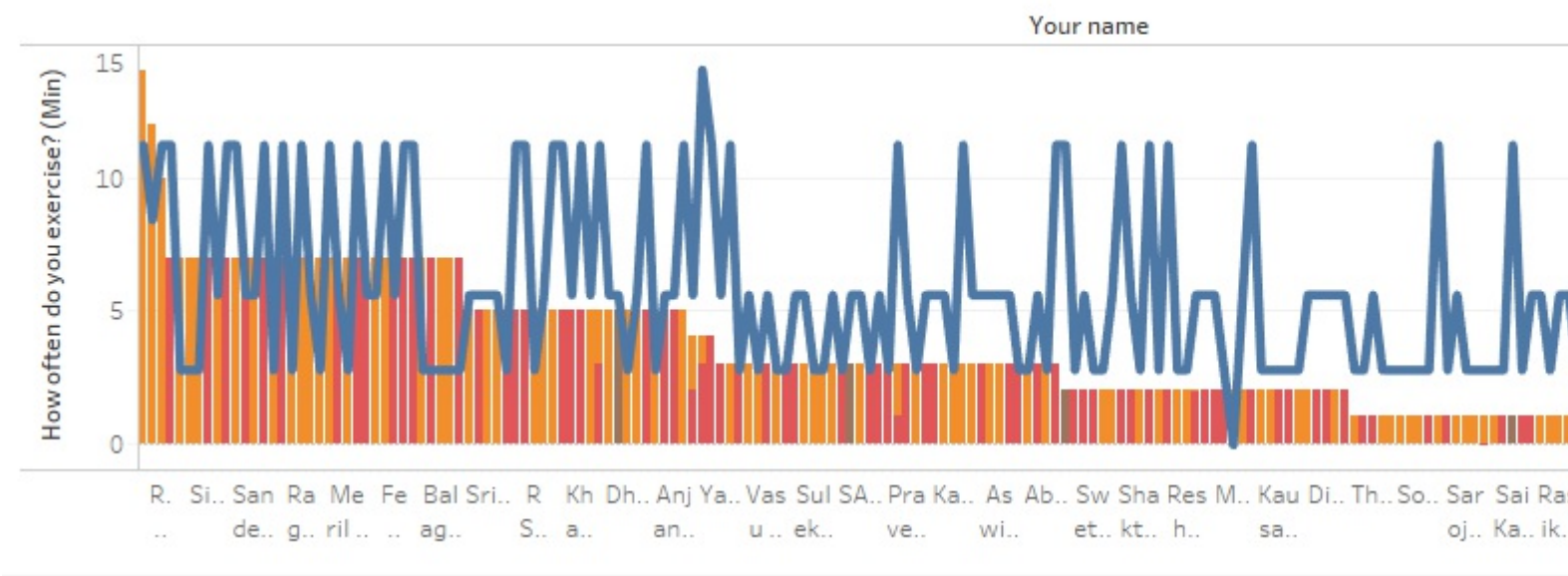
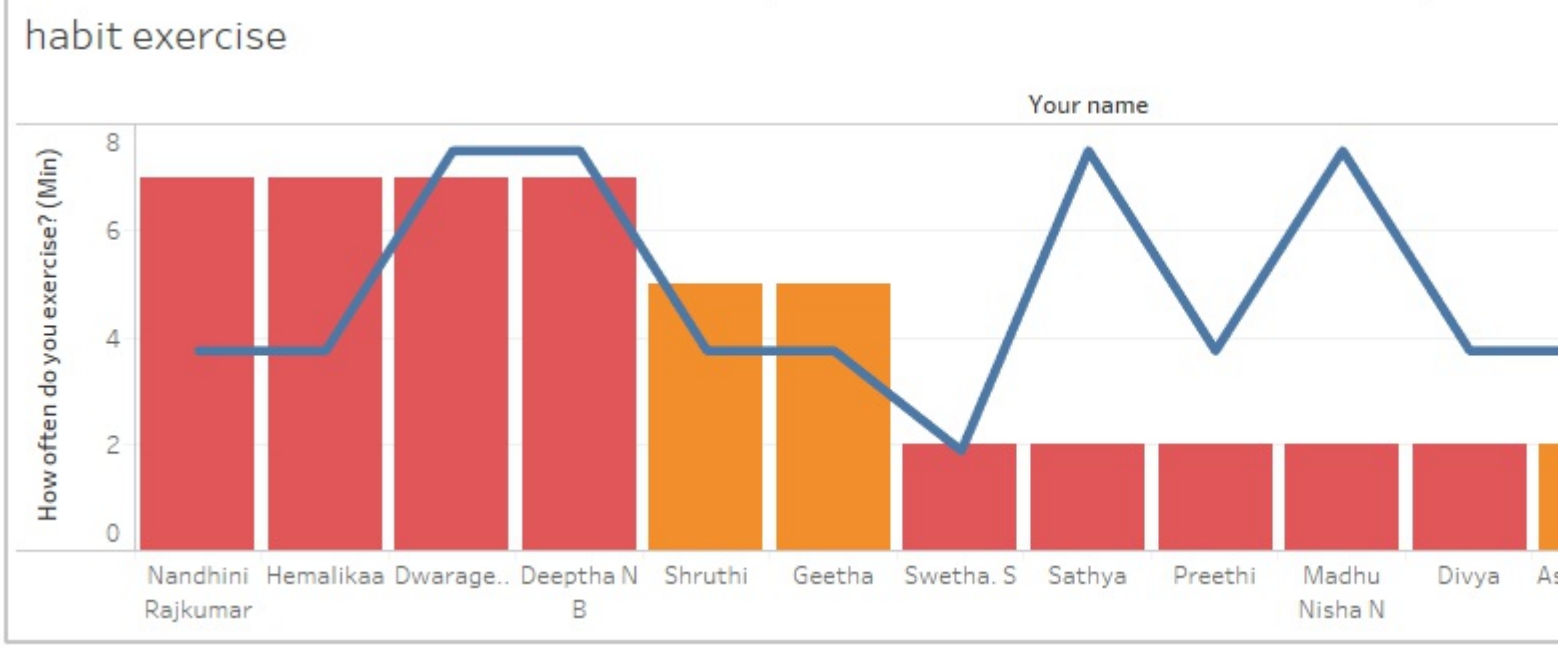
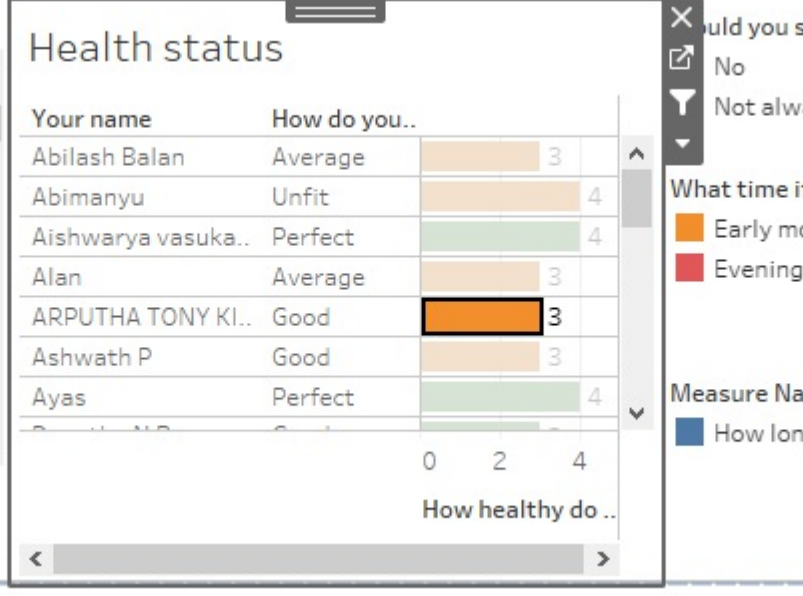
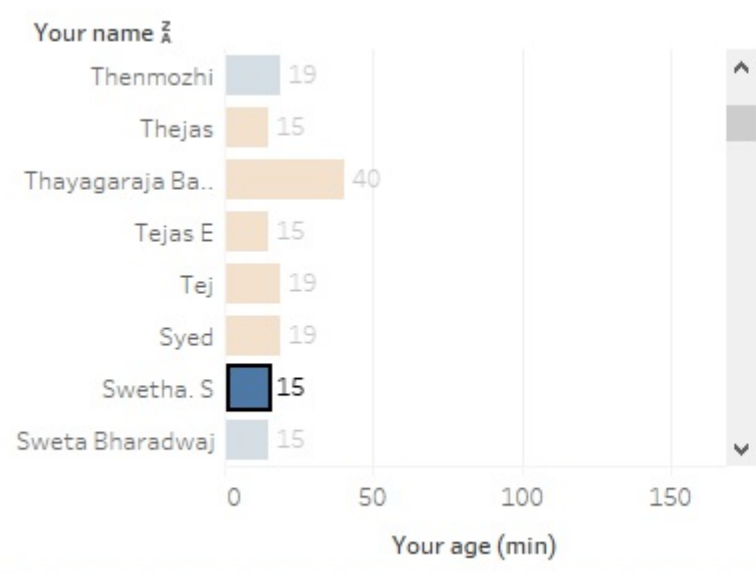


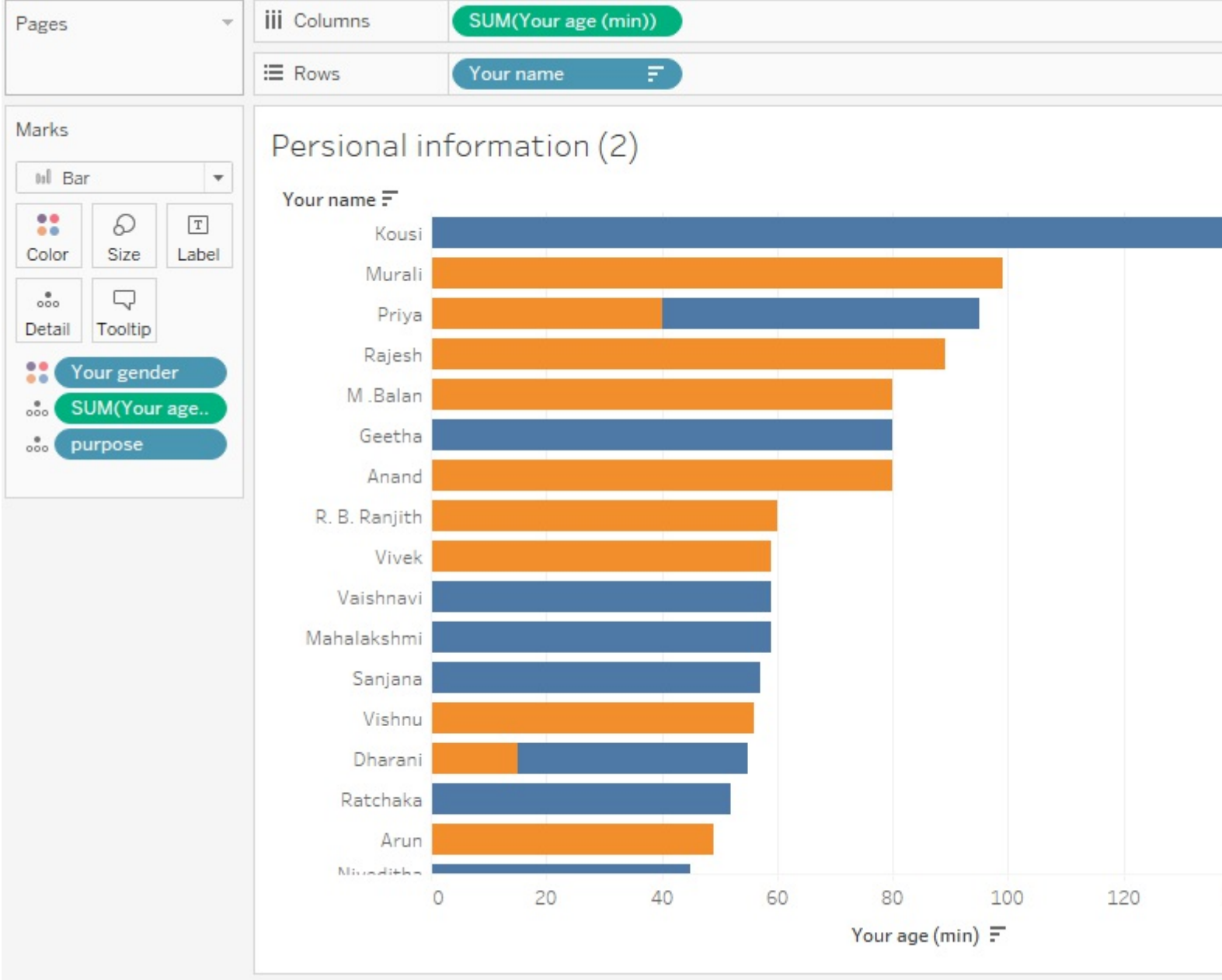
## habit exercise



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 >			
<input type="checkbox"/> Show actions for all sheets in this workbook			







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
```

Pages

Columns

Rows

Your name

Filters

Action (purpose)

Action (Your nam..)

Marks

Automatic

Color

Size

Label

Detail

Tooltip

cản trở chế độ ..

filter gym

Trouble

Your name

A ANKIT Sai

A Harish Kumar

A. SIMAN RAAHEEL

Aadhith

Aakash.V

Aaron Abraham Mathew

Abhay Krishna

Abhimanyu Gulia

Abhinaya V

Abhirami sotta

Abhishek Santhanam

Abilash Balan

Abimanyu

Abinandha

Abinesh

Afshiyaa Ameen

Aishwarya Divaker

Aishwarya vasukannakum..

Ajay MP

Ajay wk

AJJ

Akhil Pisharody

Akila

Akshaya L

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"

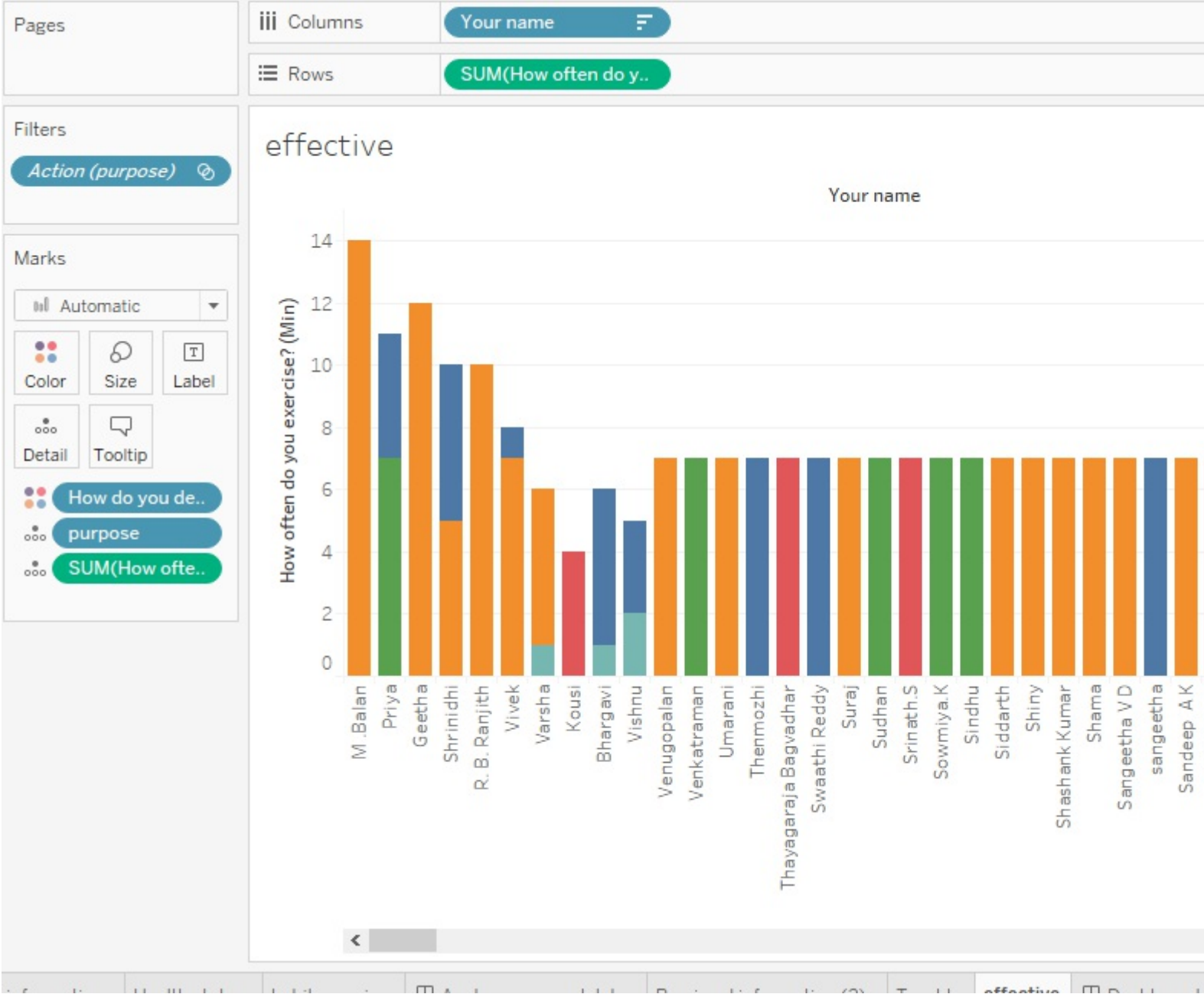
else "other"

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)]

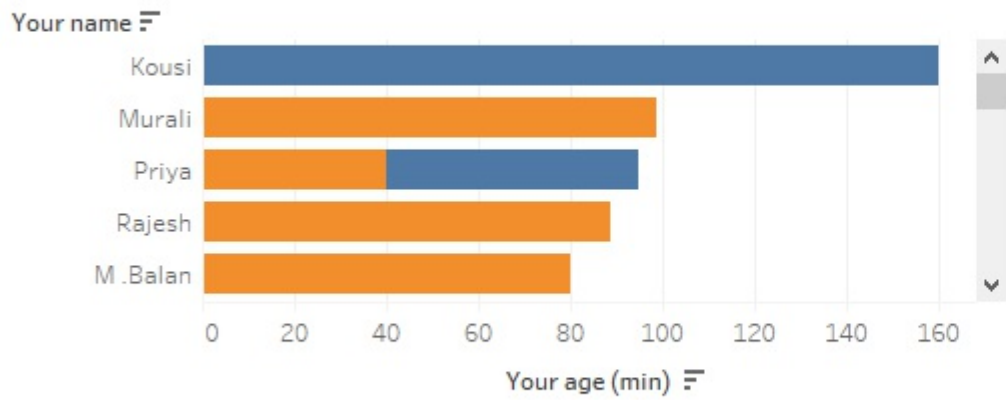
[How do you describe your current level of fitness?]

[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.



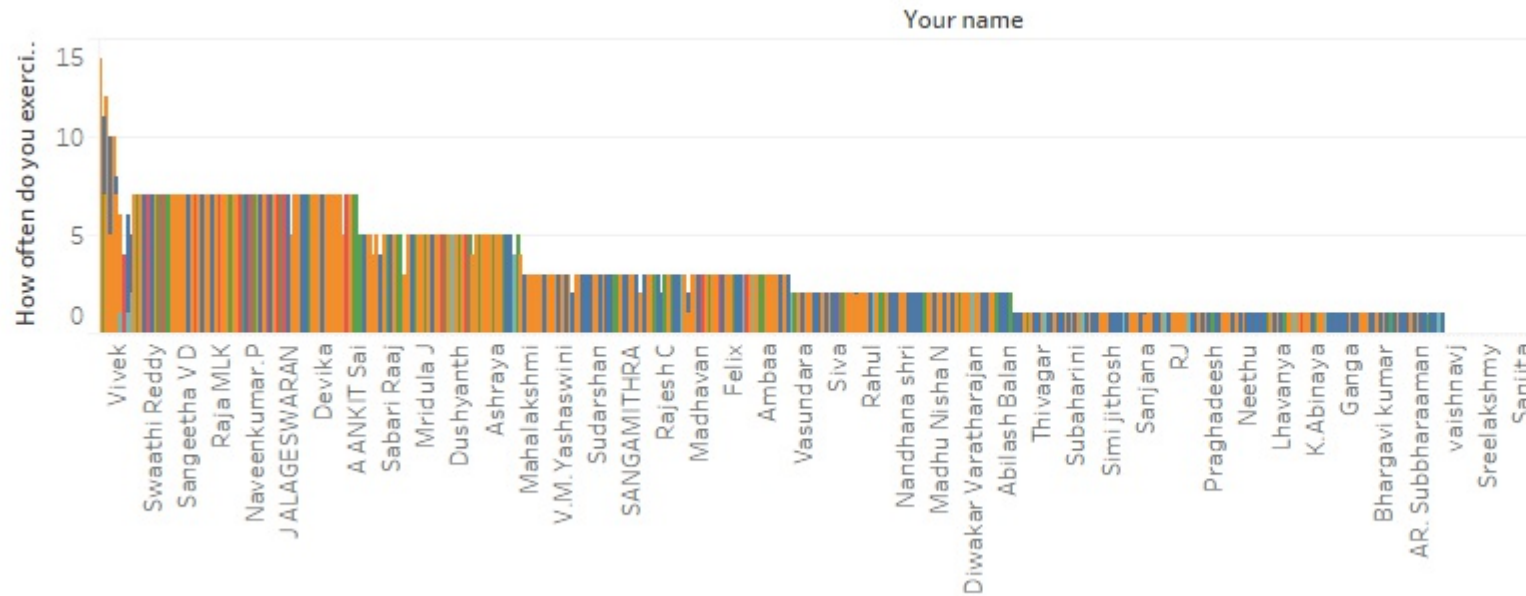
Persional information (2)



Trouble



effective



Actions

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

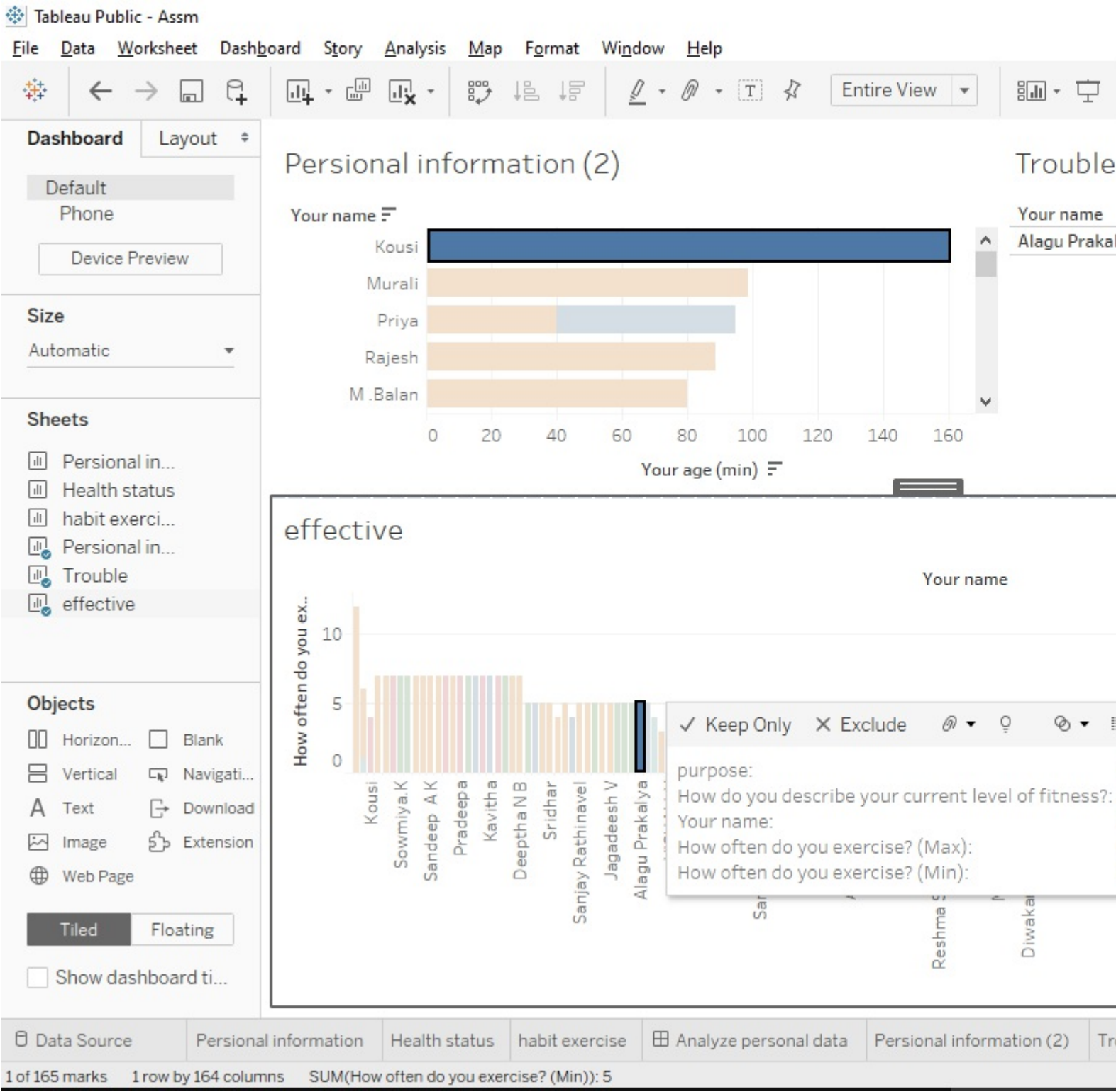
Name	Run On	Source
Filter3	Select	Dashboard 2 (Persional information (2))
Filter4	Select	Dashboard 2 (effective)

Add Action >

Show actions for all sheets in this workbook

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 Personal 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.