Dataset Structure:

Below is a more extensive example dataset, showcasing additional entries and a more comprehensive view of the data structure.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| User  ID | Age | Gender | Height (cm) | Weight(cm) | Activity Level | Health Conditions | Frequency (times/week) | Duration (minutes) | Goal Type | Satisfaction Rating |
| 1 | 25 | Female | 165 | 60 | Active | None | 4 | 30 | Weight  Loss | 4 |
| 2 | 40 | Male | 180 | 85 | Sedentary | Hyper  -tension | 3 | 45 | Muscle  Gain | 5 |
| 3 | 30 | Female | 170 | 70 | Active | None | 5 | 25 | Improved  Endurance | 3 |
| 4 | 50 | Male | 175 | 95 | Active | Diabetes | 2 | 60 | Weight  Loss | 4 |
| 5 | 28 | Female | 160 | 55 | Lightly  Active | None | 3 | 30 | Overall  Health | 5 |
| 6 | 35 | Male | 172 | 78 | Moderatly  Active | High  Cholestrol | 4 | 40 | Muscle Gain | 4 |
| 7 | 22 | Female | 158 | 50 | Active | None | 5 | 20 | Weight Loss | 5 |
| 8 | 45 | Male | 183 | 90 | Sedentary | Joint pain | 2 | 50 | Improved  Mobility | 3 |