

FITNESS

ANALYTIC DASHBOARD

Home

Overall

Calculator

Members



FITNESS DASHBOARD

Track Your Fitness Activities and Habits

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Last Refresh Time

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Overall

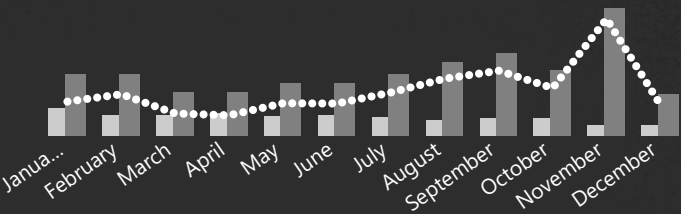
Calculator

Members



Finances

Expenses Revenue Profit



Revenue

4M

Expenses

1M

Profit

3M

Client Memberships

Female

Male

UserName	Status	Membership
Alexander Garcia	Expired	100%
Anthony Lopez	Expired	100%
Beth Ford	Expired	100%
Caitlyn Burns	Expired	100%
Cassandra Harding	Expired	100%
Charles Clark	Expired	100%

Memberships

Active

Expired



Platinum

Memberships

18

15



Gold

Memberships

15

20



Silver

Memberships

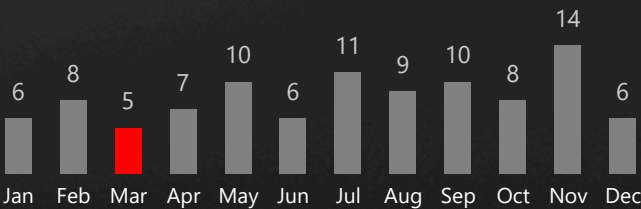
11

21

Monthly Members

MAX

MIN





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BMI (BODY MASS INDEX)



YOUR CALORIE CALCULATOR

BMI (Body Mass Index)	31.00
TDEE (Total Daily Energy Expenditure)	879.53
Maintenance Calorie	879.53
Mild Weight Loss Calorie	809.17
Weight Loss Calorie	747.60
Extreme Weight Loss	615.67

CALORIE CALCULATOR

female

Male

The Calorie Calculator can be used to estimate the number of calories a person needs to consume each day . This Calculator can also provide some simple guidelines for gaining or losing weight.

Activity Type

Active : daily excercise or intense excercise 3-4 ti...

22

Select Your Age

5.10

Select Your Height

74.90

Select Your Weight



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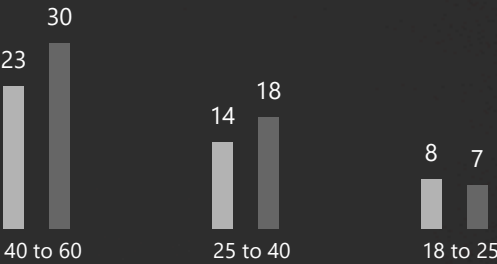


Last Refresh Time



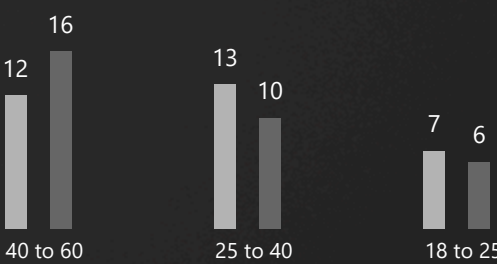
Members by Age and Gender

Gender ● Female ● Male



Members by Age and Status

Status ● Active ● Expired



Member Information

Female

Male

UserName	Status	Membership	Sum of Age	Sum of BMI	Gender	JoinDate	Goal
Laura Lopez	Active	<div><div></div></div> 44%	48	26.10	Male	25 September 2024	Muscle
Heather Barr	Active	<div><div></div></div> 51%	22	34.90	Female	23 July 2024	Muscle
Natasha Wood	Active	<div><div></div></div> 52%	56	22.30	Male	09 December 2024	Weight
Timothy Duncan	Active	<div><div></div></div> 55%	40	22.20	Male	27 November 2024	Maintain
Leslie Wells	Active	<div><div></div></div> 56%	33	27.90	Female	15 November 2024	Maintain
Nathan McCormick	Active	<div><div></div></div> 56%	28	29.10	Female	11 November 2024	Weight
Adrian Becker	Active	<div><div></div></div> 56%	32	35.20	Male	08 November 2024	Muscle
Benjamin Gomez	Active	<div><div></div></div> 58%	26	23.00	Female	13 October 2024	Weight
Robert Wright	Active	<div><div></div></div> 59%	24	25.10	Male	19 December 2024	Muscle