

# Candidate Fitness Analyst Dashboard Report

## Objective:

This dashboard provides insights into candidate fitness data, focusing on steps, heart rate, and calorie metrics. It aims to help analyze individual performance and overall trends in achieving fitness targets.

## Key Metrics:

### 1. Total Steps:

- A significant KPI displayed: 82,549K steps (aggregate of all candidates).

### 2. Heart Rate and Steps by Gender:

- Heart Rate Distribution:
  - Represented in a pie chart, showing a balanced distribution across genders (M/F).
- Steps Distribution:
  - Another pie chart visualizes steps taken, categorized by gender.

### 3. Steps by Heart Rate Target (Min):

- A bar chart shows steps achieved against minimum heart rate targets:
  - Categories: 2M, 1M, 2M (approximate distribution).

### 4. Calories and Steps vs. Target:

- A bar chart compares:
  - Calories Target Min/Max and actual calories burned.
  - Highlights variations in individual achievements against calorie targets.

### 5. Candidate Profile Data:

- Tabular representation includes:
  - User ID
  - Name
  - Calories Target Max/Min
  - Sum of Calories
  - Sum of Steps

## Key Observations:

### 1. Steps Performance:

- Total steps across all candidates are highly significant, showcasing a robust participation level.
- Individual step counts contribute to achieving overall fitness goals.

### 2. Calorie Metrics:

- There is a clear distinction between minimum and maximum calorie targets achieved.
- Certain individuals exceed expectations, while others fall short.

### 3. Gender-Based Insights:

- Equal representation and participation in heart rate and steps metrics indicate balanced engagement among genders.

### 4. Top Performers:

- Candidates like Amit Sharma and Priya Yadav stand out in terms of calories burned and steps taken.