

Notebook

May 31, 2025

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NameError                                Traceback (most recent call last)  
/tmp/ipykernel_35/964094849.py in <cell line: 0>()  
----> 1 df.head()  
  
NameError: name 'df' is not defined
```

/kaggle/input/gym-members-exercise-dataset/gym_members_exercise_tracking.csv

```
[11]:
```

	Age	Gender	Weight (kg)	Height (m)	Max_BPM	Avg_BPM	Resting_BPM	\
0	56	Male	88.3	1.71	180	157	60	
1	46	Female	74.9	1.53	179	151	66	
2	32	Female	68.1	1.66	167	122	54	
3	25	Male	53.2	1.70	190	164	56	
4	38	Male	46.1	1.79	188	158	68	

	Session_Duration (hours)	Calories_Burned	Workout_Type	Fat_Percentage	\
0	1.69	1313.0	Yoga	12.6	
1	1.30	883.0	HIIT	33.9	
2	1.11	677.0	Cardio	33.4	
3	0.59	532.0	Strength	28.8	
4	0.64	556.0	Strength	29.2	

	Water_Intake (liters)	Workout_Frequency (days/week)	Experience_Level	\
0	3.5	4	3	
1	2.1	4	2	
2	2.3	4	2	
3	2.1	3	1	
4	2.8	3	1	

	BMI
0	30.20
1	32.00
2	24.71
3	18.41
4	14.39

```
[12]:
```

	Age	Gender	Weight (kg)	Height (m)	Max_BPM	Avg_BPM	Resting_BPM	\
968	24	Male	87.1	1.74	187	158	67	
969	25	Male	66.6	1.61	184	166	56	
970	59	Female	60.4	1.76	194	120	53	
971	32	Male	126.4	1.83	198	146	62	
972	46	Male	88.7	1.63	166	146	66	

	Session_Duration (hours)	Calories_Burned	Workout_Type	Fat_Percentage	\
968	1.57	1364.0	Strength	10.0	
969	1.38	1260.0	Strength	25.0	
970	1.72	929.0	Cardio	18.8	
971	1.10	883.0	HIIT	28.2	
972	0.75	542.0	Strength	28.8	

	Water_Intake (liters)	Workout_Frequency (days/week)	Experience_Level	\
968	3.5	4	3	
969	3.0	2	1	
970	2.7	5	3	
971	2.1	3	2	
972	3.5	2	1	

	BMI
968	28.77
969	25.69
970	19.50
971	37.74
972	33.38

```
<class 'pandas.core.frame.DataFrame'>
```

```
RangeIndex: 973 entries, 0 to 972
```

```
Data columns (total 15 columns):
```

#	Column	Non-Null Count	Dtype
0	Age	973 non-null	int64
1	Gender	973 non-null	object
2	Weight (kg)	973 non-null	float64
3	Height (m)	973 non-null	float64
4	Max_BPM	973 non-null	int64
5	Avg_BPM	973 non-null	int64
6	Resting_BPM	973 non-null	int64
7	Session_Duration (hours)	973 non-null	float64
8	Calories_Burned	973 non-null	float64
9	Workout_Type	973 non-null	object
10	Fat_Percentage	973 non-null	float64
11	Water_Intake (liters)	973 non-null	float64
12	Workout_Frequency (days/week)	973 non-null	int64
13	Experience_Level	973 non-null	int64
14	BMI	973 non-null	float64

```
dtypes: float64(7), int64(6), object(2)
memory usage: 114.2+ KB
```

```
[14]: (973, 15)
```

```
[15]:
```

	Age	Weight (kg)	Height (m)	Max_BPM	Avg_BPM	\
count	973.000000	973.000000	973.000000	973.000000	973.000000	
mean	38.683453	73.854676	1.72258	179.883864	143.766701	
std	12.180928	21.207500	0.12772	11.525686	14.345101	
min	18.000000	40.000000	1.50000	160.000000	120.000000	
25%	28.000000	58.100000	1.62000	170.000000	131.000000	
50%	40.000000	70.000000	1.71000	180.000000	143.000000	
75%	49.000000	86.000000	1.80000	190.000000	156.000000	
max	59.000000	129.900000	2.00000	199.000000	169.000000	

	Resting_BPM	Session_Duration (hours)	Calories_Burned	Fat_Percentage	\
count	973.000000	973.000000	973.000000	973.000000	
mean	62.223022	1.256423	905.422405	24.976773	
std	7.327060	0.343033	272.641516	6.259419	
min	50.000000	0.500000	303.000000	10.000000	
25%	56.000000	1.040000	720.000000	21.300000	
50%	62.000000	1.260000	893.000000	26.200000	
75%	68.000000	1.460000	1076.000000	29.300000	
max	74.000000	2.000000	1783.000000	35.000000	

	Water_Intake (liters)	Workout_Frequency (days/week)	Experience_Level	\
count	973.000000	973.000000	973.000000	
mean	2.626619	3.321686	1.809866	
std	0.600172	0.913047	0.739693	
min	1.500000	2.000000	1.000000	
25%	2.200000	3.000000	1.000000	
50%	2.600000	3.000000	2.000000	
75%	3.100000	4.000000	2.000000	
max	3.700000	5.000000	3.000000	

	BMI
count	973.000000
mean	24.912127
std	6.660879
min	12.320000
25%	20.110000
50%	24.160000
75%	28.560000
max	49.840000

```
[16]: Age          0
      Gender        0
      Weight (kg)   0
```

Height (m)	0
Max_BPM	0
Avg_BPM	0
Resting_BPM	0
Session_Duration (hours)	0
Calories_Burned	0
Workout_Type	0
Fat_Percentage	0
Water_Intake (liters)	0
Workout_Frequency (days/week)	0
Experience_Level	0
BMI	0

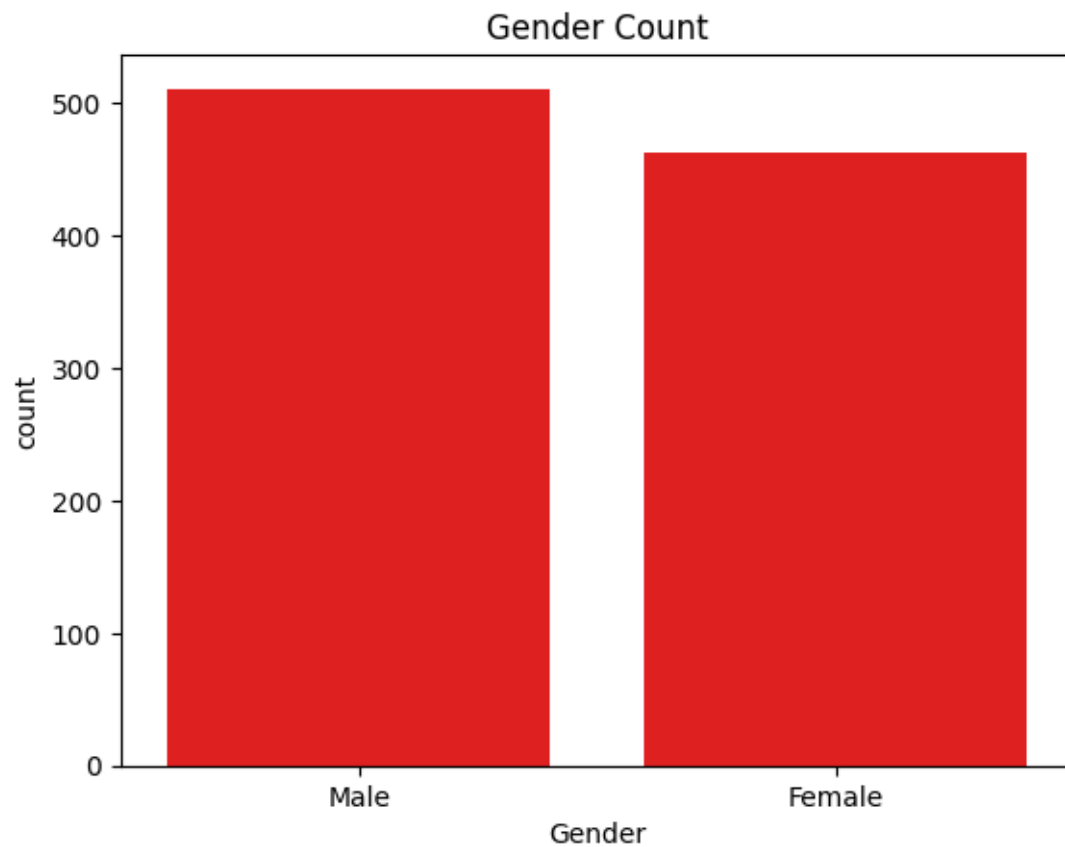
dtype: int64

[18]: 0

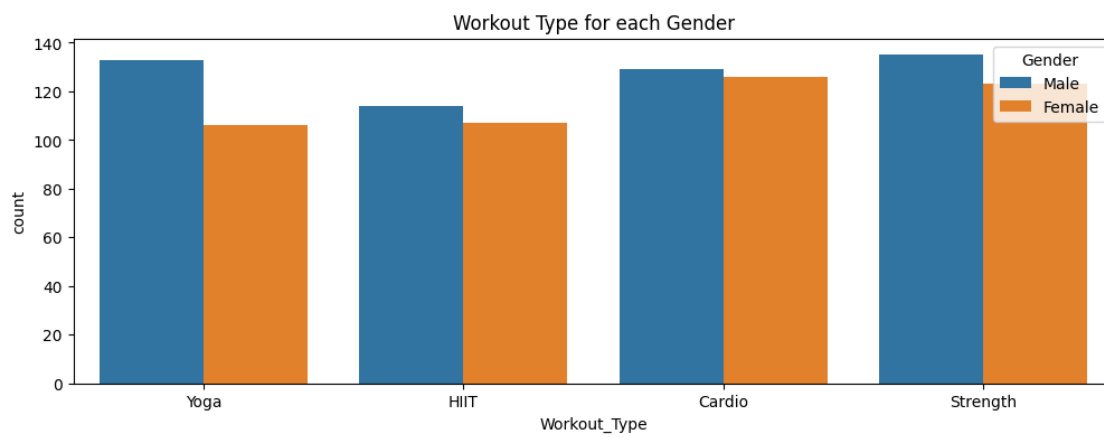
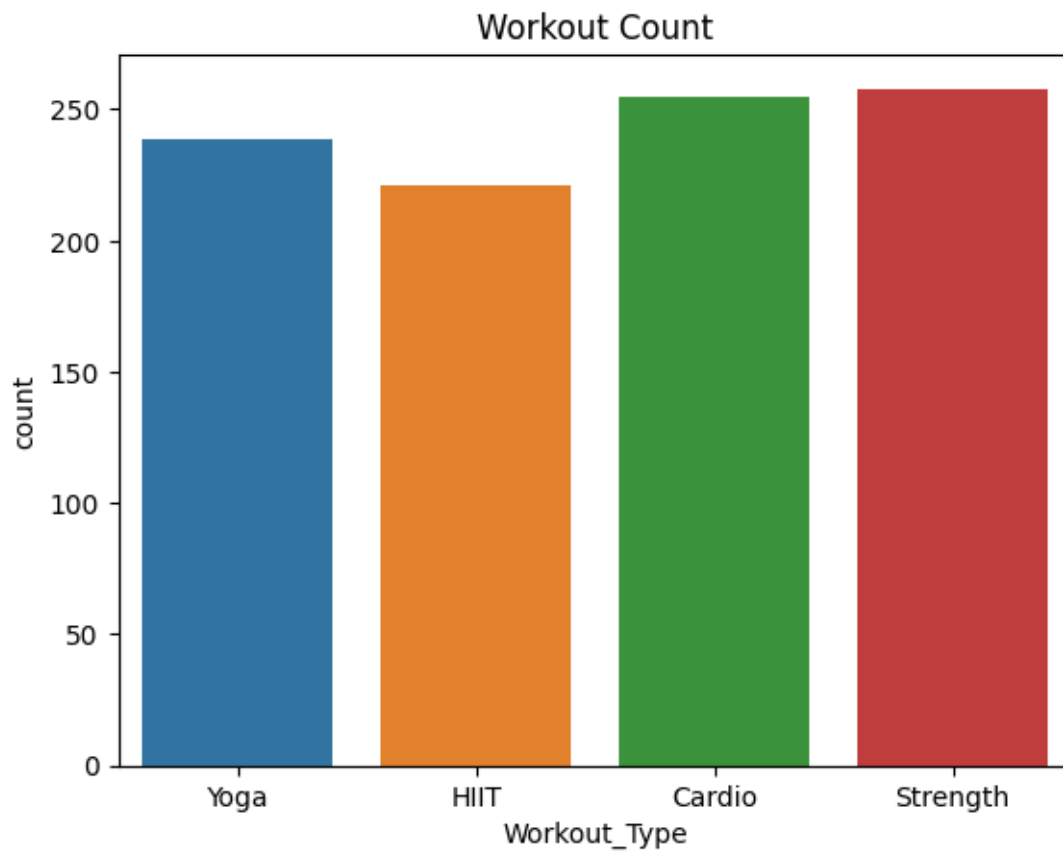
[19]: Index(['Gender', 'Workout_Type'], dtype='object')

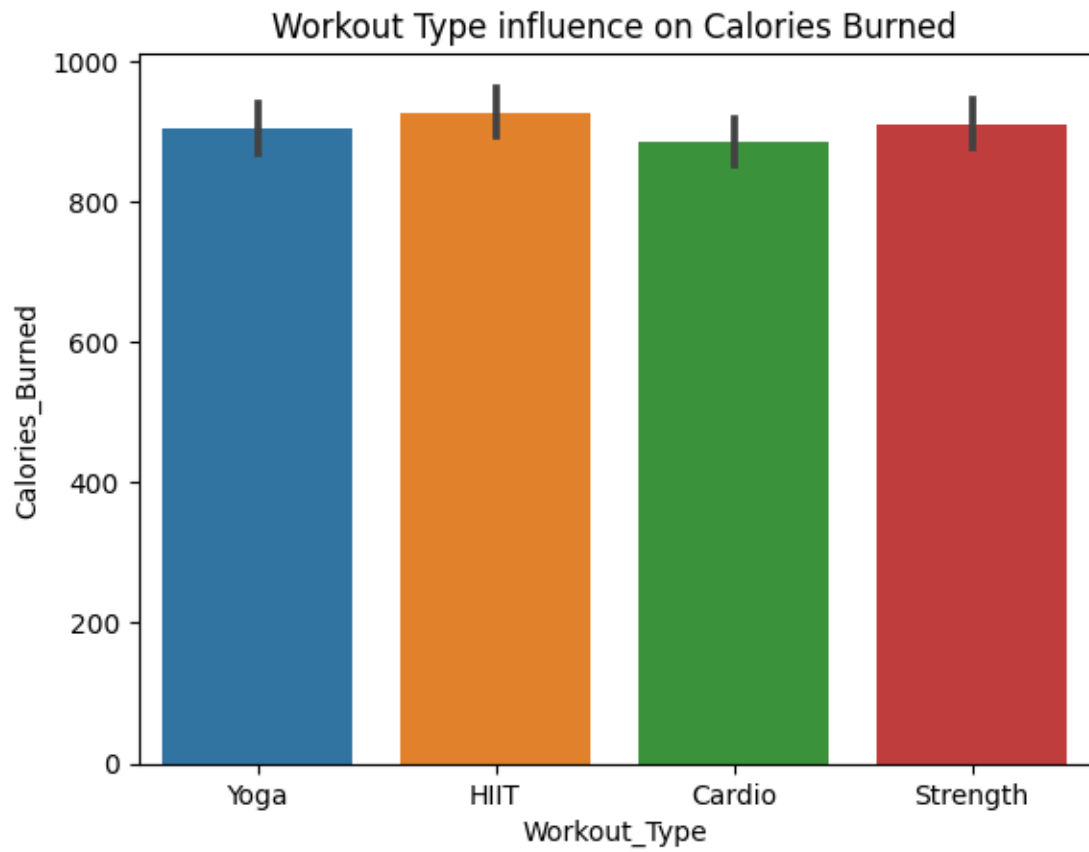
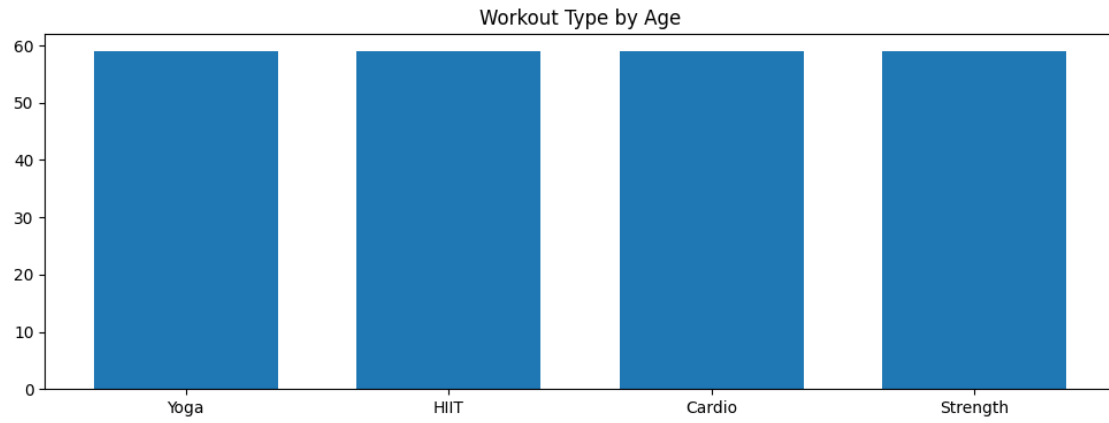
[20]: Index(['Age', 'Weight (kg)', 'Height (m)', 'Max_BPM', 'Avg_BPM', 'Resting_BPM',
'Session_Duration (hours)', 'Calories_Burned', 'Fat_Percentage',
'Water_Intake (liters)', 'Workout_Frequency (days/week)',
'Experience_Level', 'BMI'],
dtype='object')

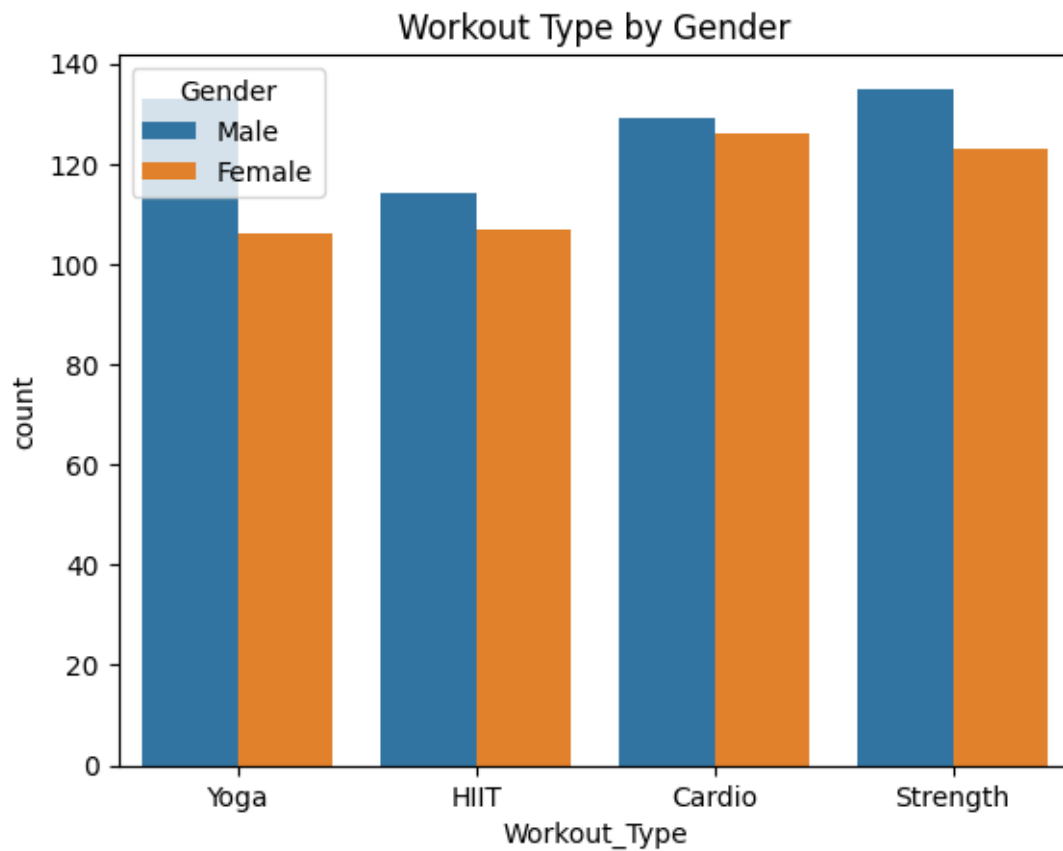
[21]: Gender
Male 511
Female 462
Name: count, dtype: int64



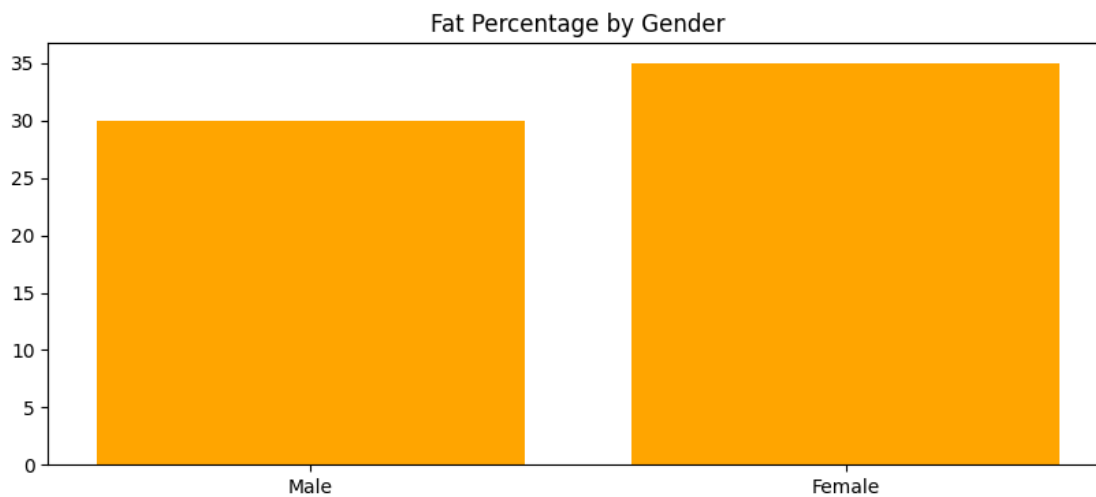
```
[25]: Workout_Type
      Strength    258
      Cardio     255
      Yoga       239
      HIIT       221
      Name: count, dtype: int64
```



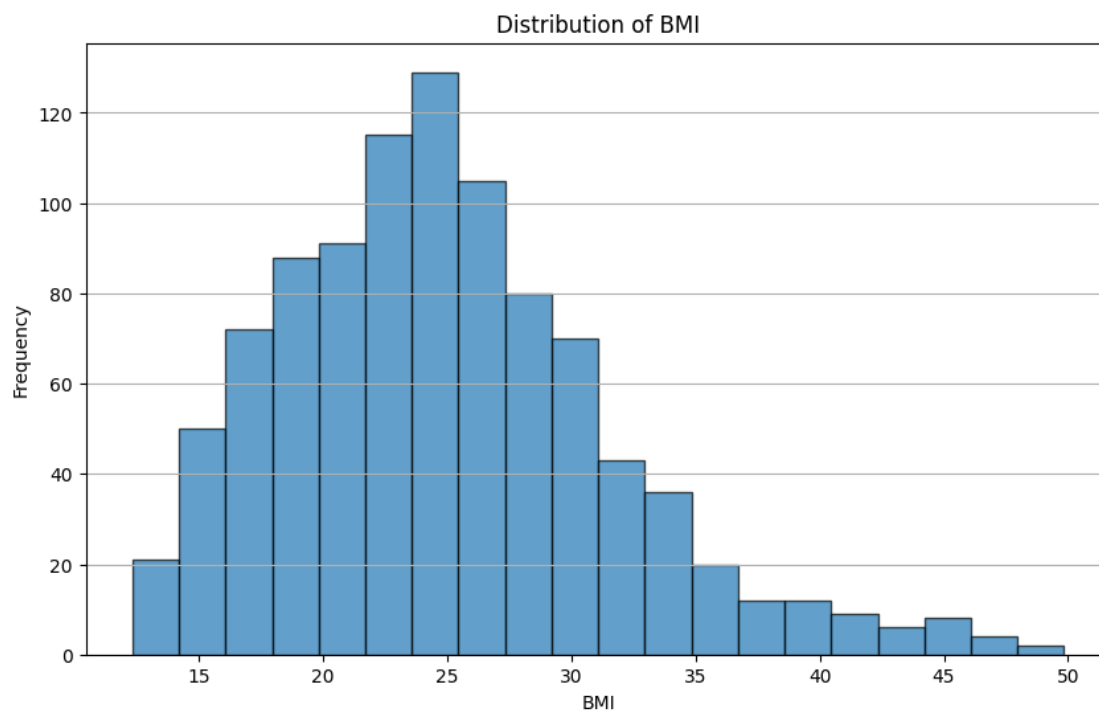
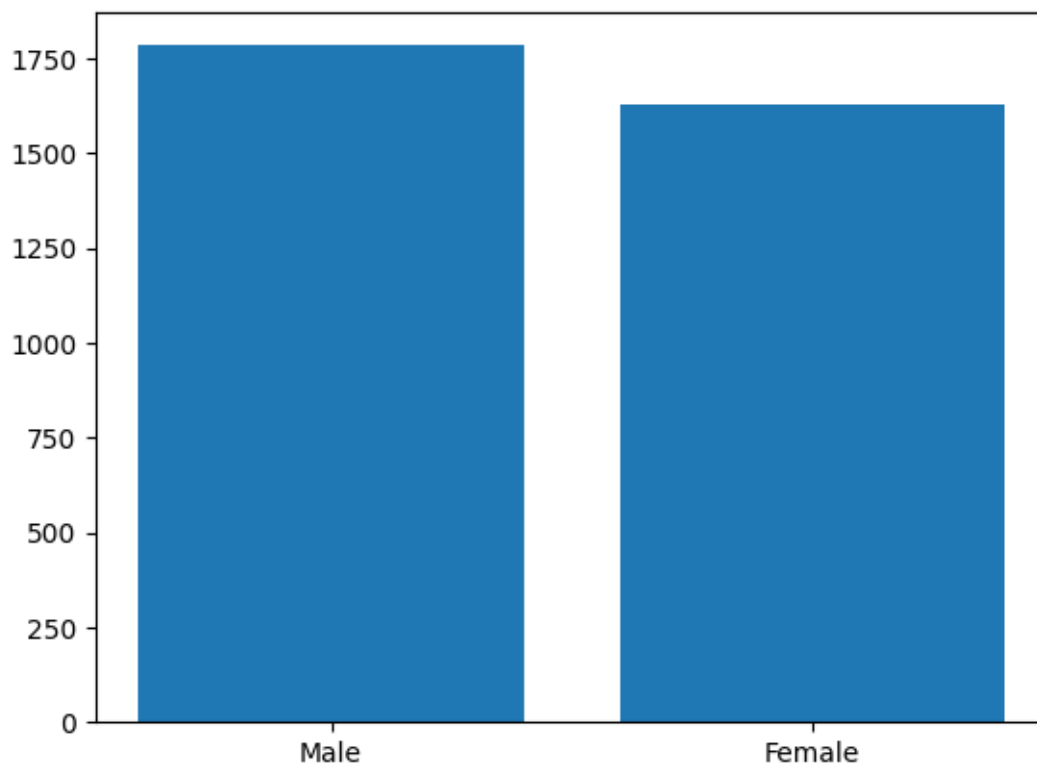


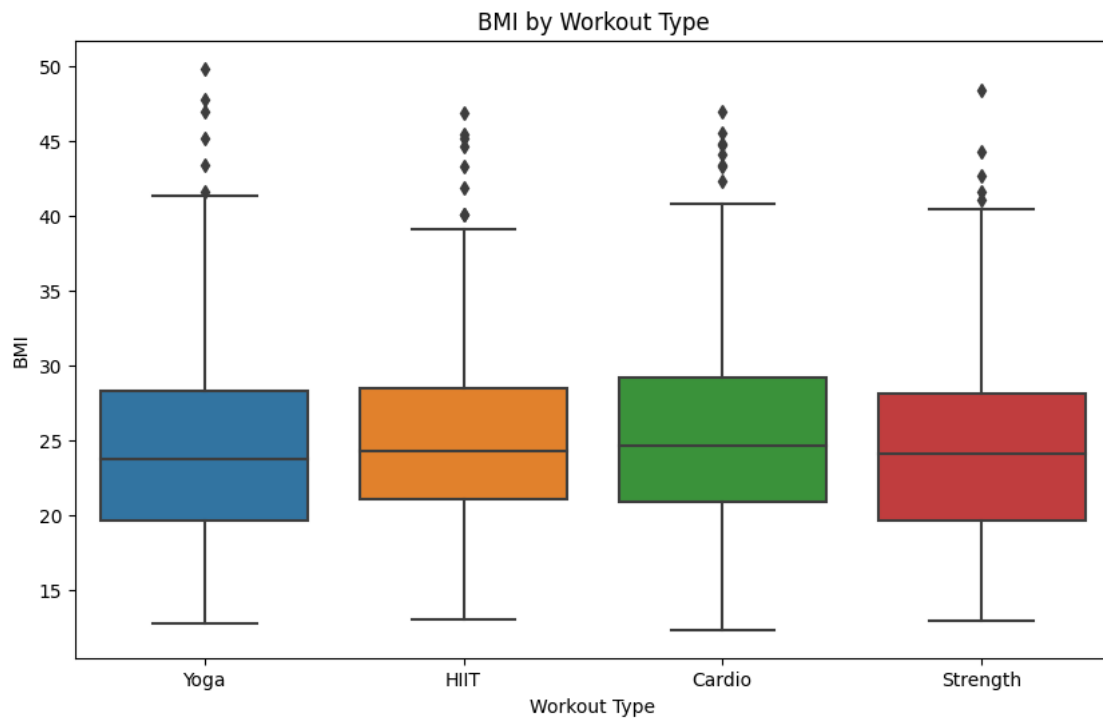


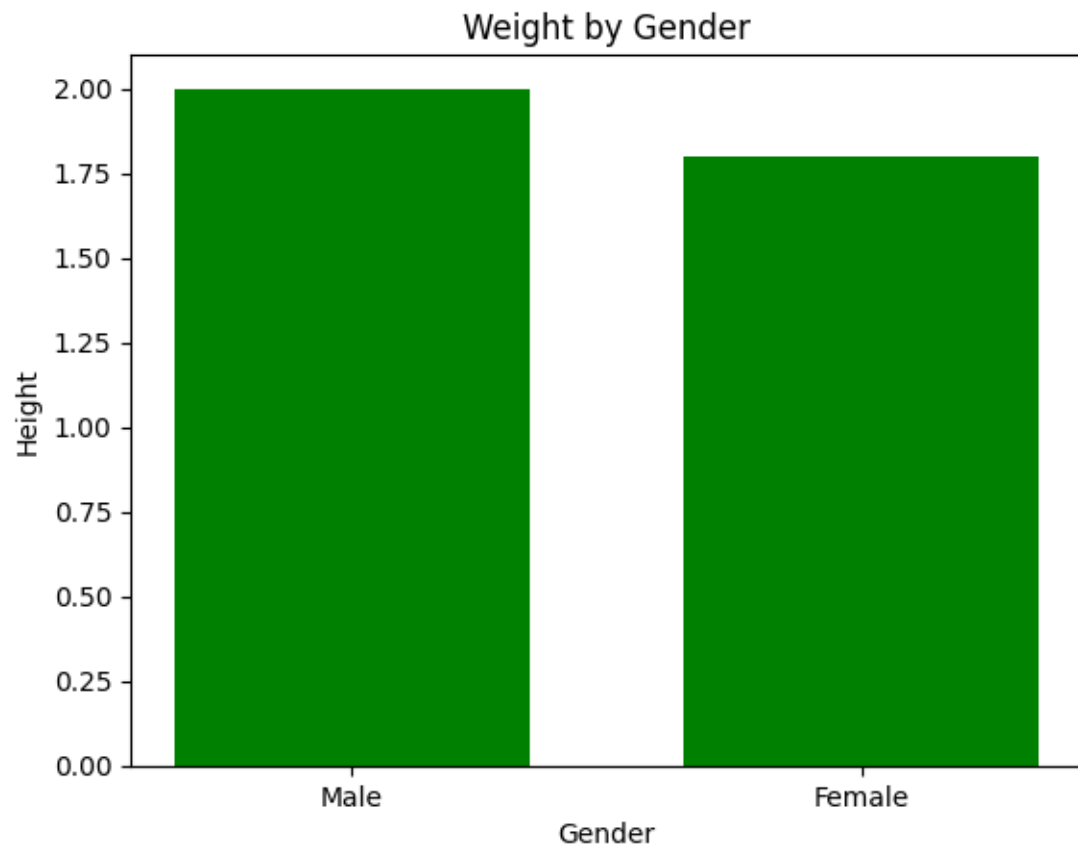
[32]: Text(0.5, 1.0, 'Fat Percentage by Gender')

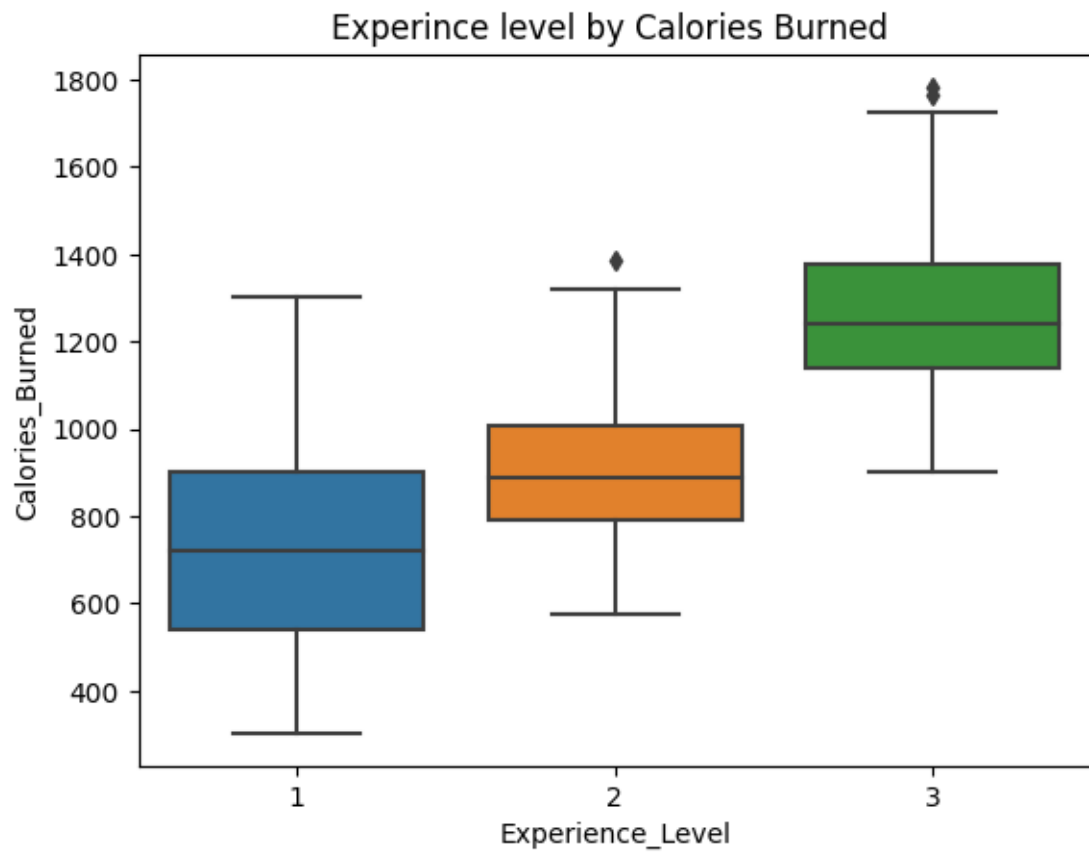


[36]: <BarContainer object of 973 artists>

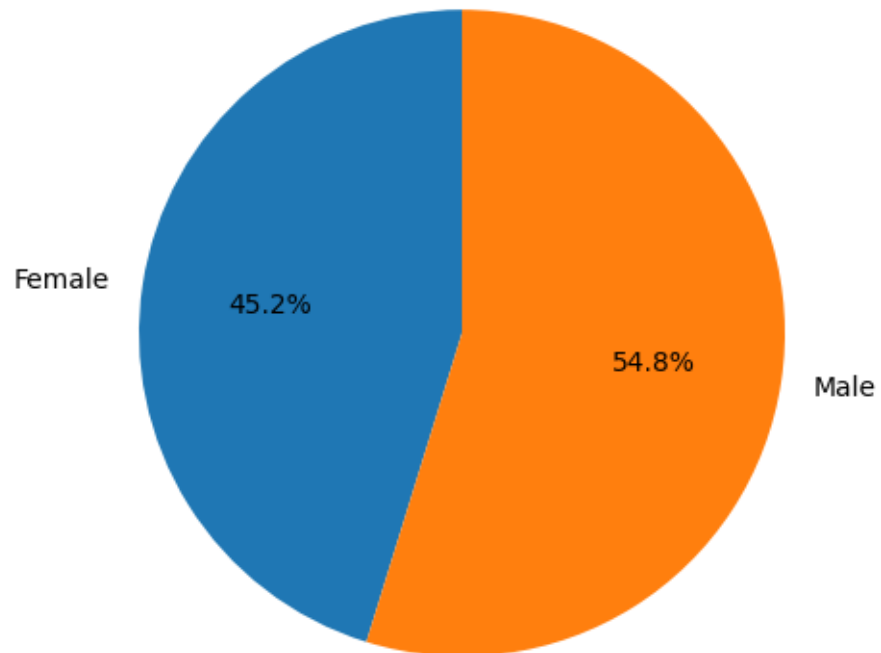








Calories Burned by Gender



This notebook was converted with convert.ploomber.io