



GYM FITNESS INSIGHTS DASHBOARD



Total Members

973

Female

Male

Experience Level

Beginner

Expert

Intermediate

Average BMI

24.91

Average Resting

62.22

Average Duration

1.26



Workout



Calories

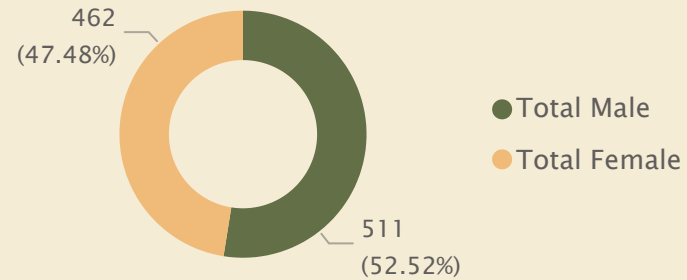


Heart Rate

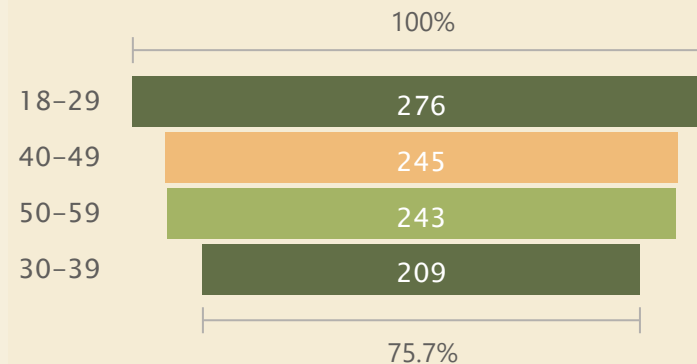


Hydration

Gender

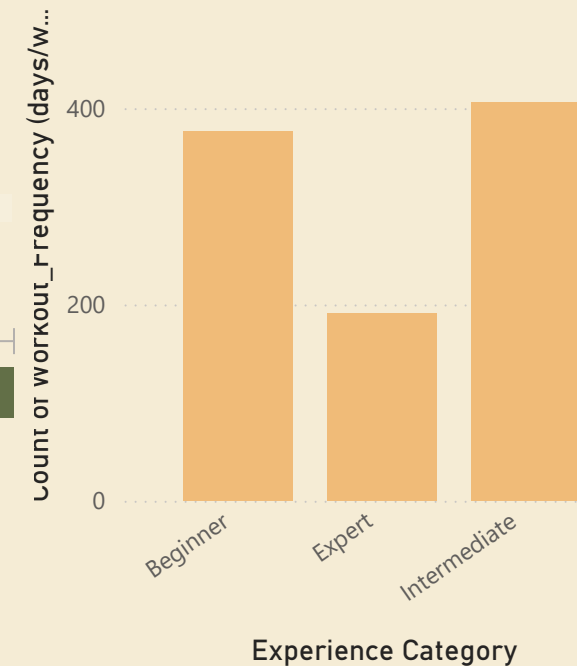


Age

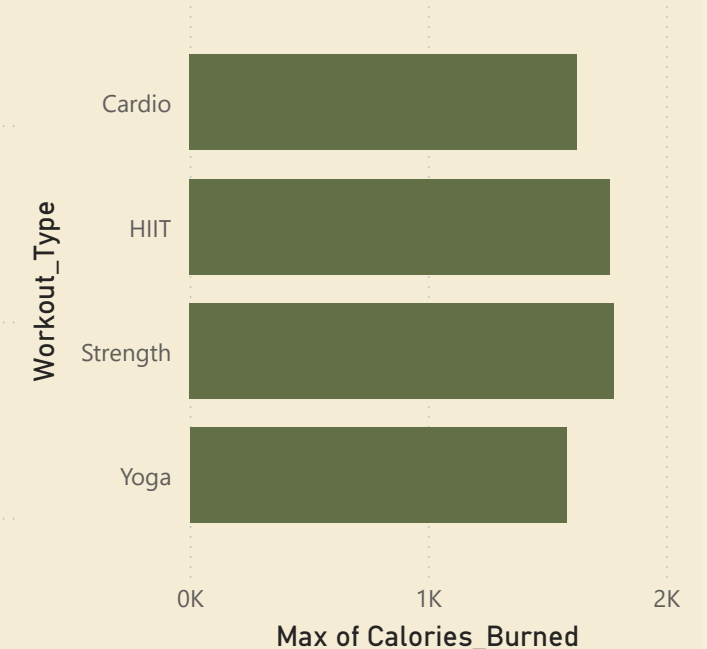


Overall Analysis

Workout Vs Experience

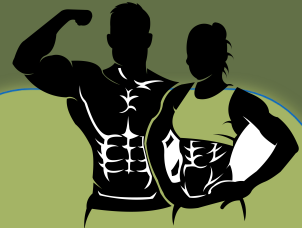


Workout Vs Calorie





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Heart Rate



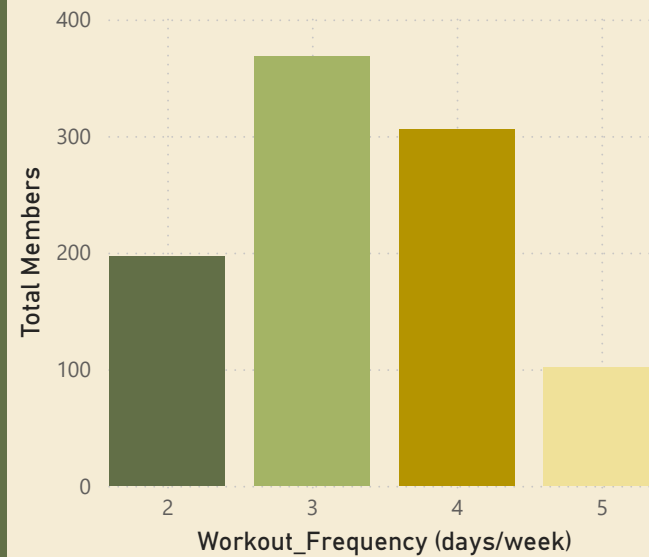
Hydration

Workout Analysis

Total Workouts

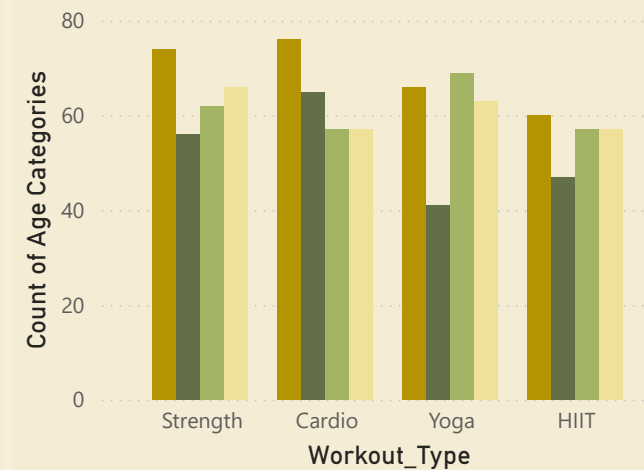
3232

Total Members by Workout_Frequency



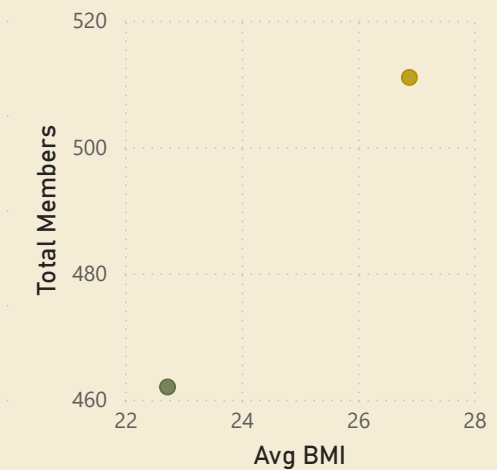
Count of Age by Workout Type and Age Categories

Age Catego... 18-29 30-39 40-49 50-59



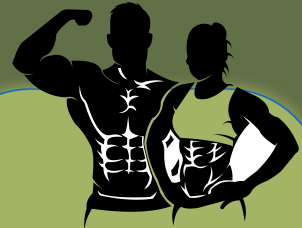
Avg BMI and Total Members by Gender

Gender Female Male





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Workout



Calories



Heart Rate



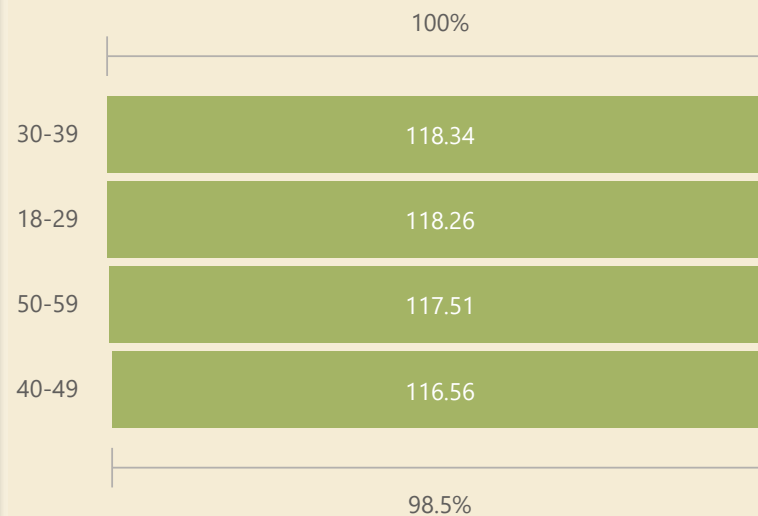
Hydration

Heart Rate Analysis

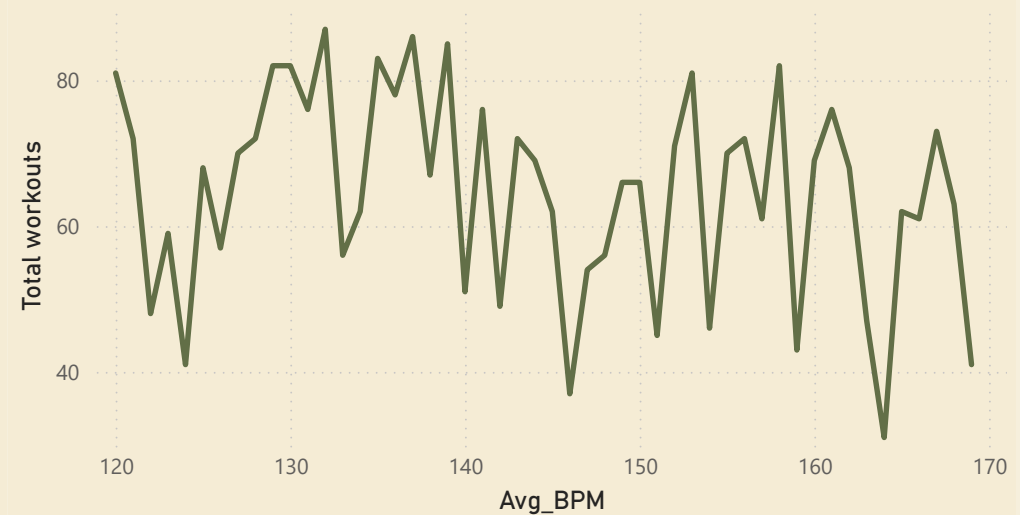
Average Heart Rate Difference

117.66

Avg HR Diff by Age Categories



Total workouts by Avg_BPM





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Workout



Calories



Heart Rate



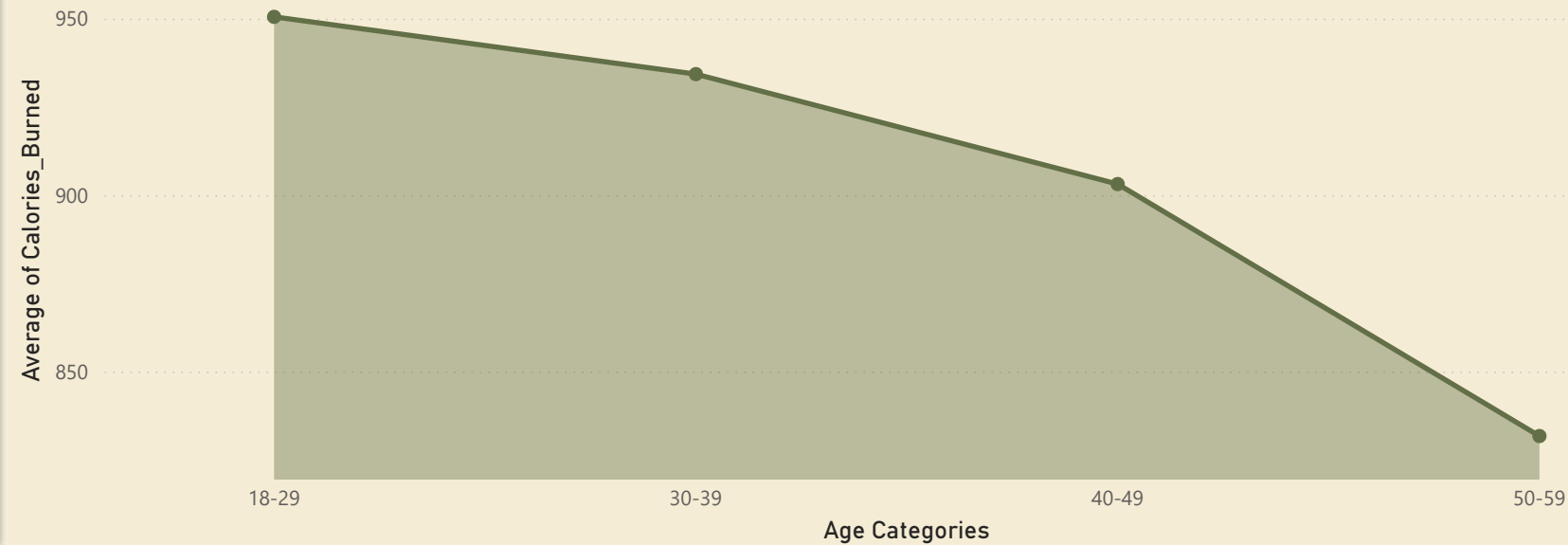
Hydration

Average Calorie

905.42

Calorie Analysis

Average of Calories_Burned by Age Categories





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Average BMI

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Average Resting

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Hydration and Fat Analysis

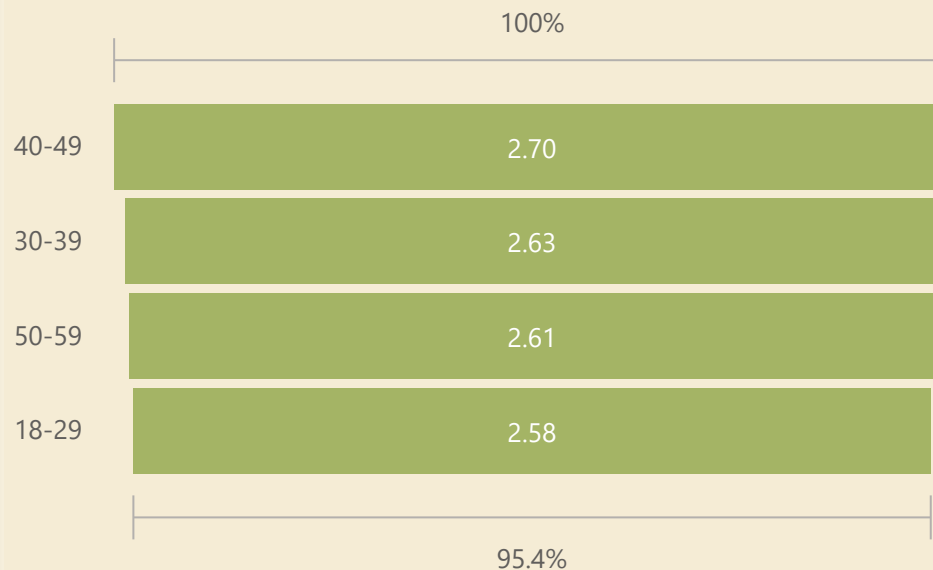
Average Water

2.63

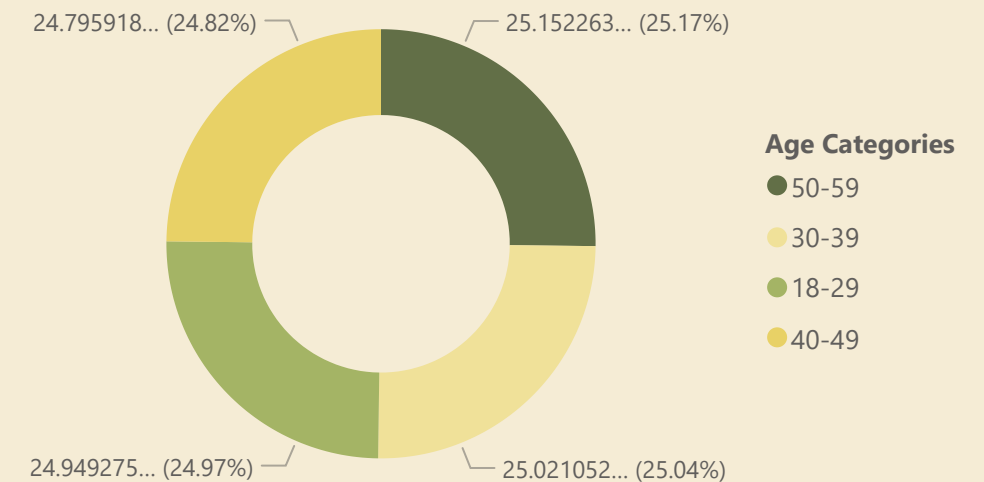
Average Fat

24.98

Water Intake Vs Age



Fat Vs Age



Workout



Calories



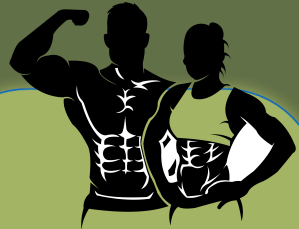
Heart Rate



Hydration



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Heart Rate



Calories



Hydration

Gym Member Fitness Insights Dashboard Report

🎯 Objective

To analyze gym members' physical performance, workout behavior, and fitness progress using Power BI — uncovering insights into calorie burn, hydration, and overall health patterns.

- **Total Members:** 973
- Total Male = 511
- Total Female = 462
- Average Session Duration = 1.26 hours
- Average BPM = 143.77
- Average Water Intake = 2.63

Key Takeaways

- Most members prefer **Cardio** and **Strength** workouts.
- Average workout duration: ~**1.2 hours/session**.
- **Experts burn 25–30% more calories** in shorter time.
- Regular hydration correlates with better endurance.