



GYM FITNESS INSIGHTS DASHBOARD

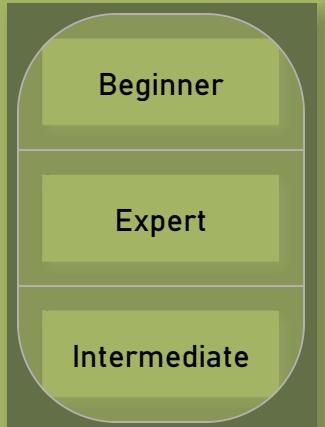


Total Members

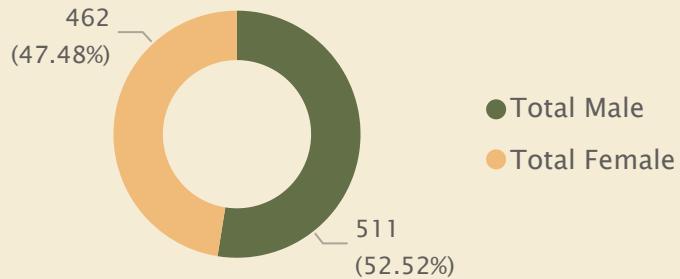
973

Female Male

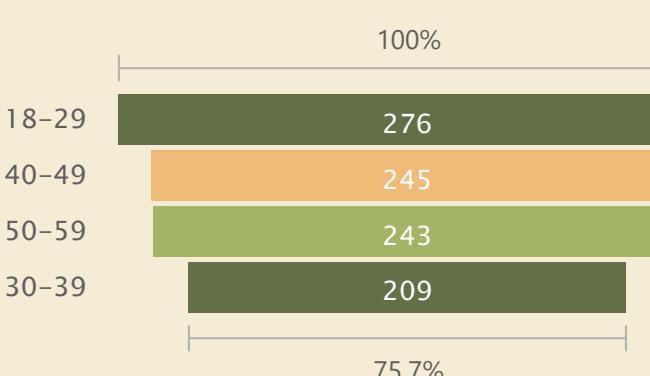
Experience Level



Gender



Age



Overall Analysis

Average BMI

24.91

Average Resting

62.22

Average Duration

1.26



Workout

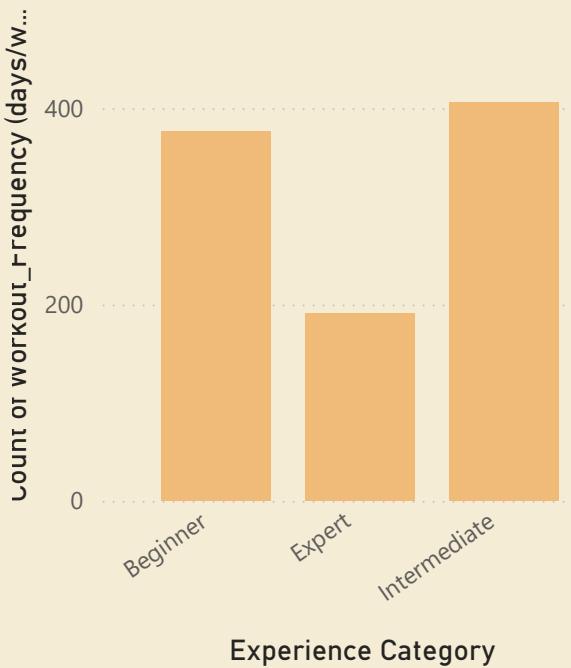


Calories

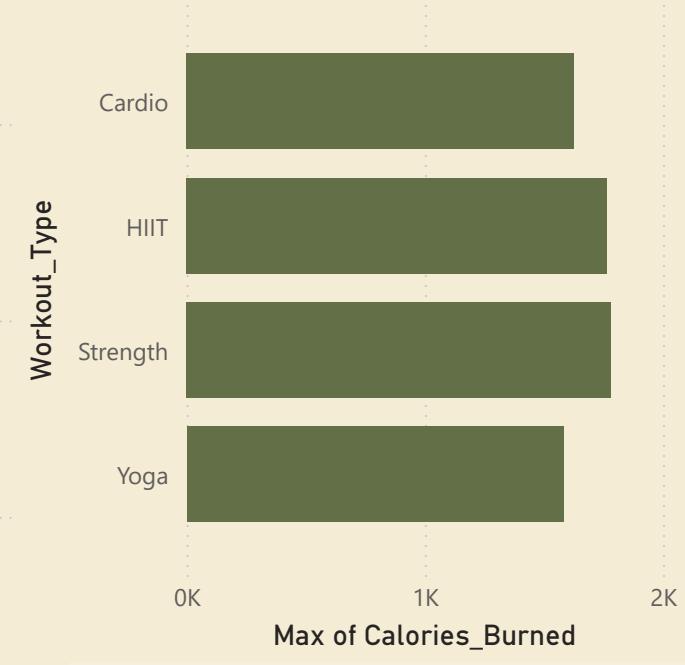


Hydration

Workout Vs Experience



Workout Vs Calorie





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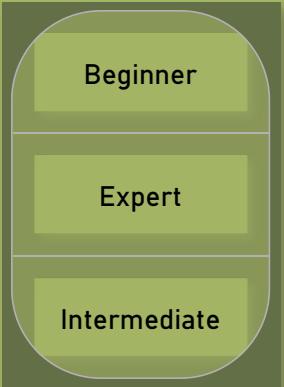


Total Members

973

Female Male

Experience Level



Average BMI
24.91

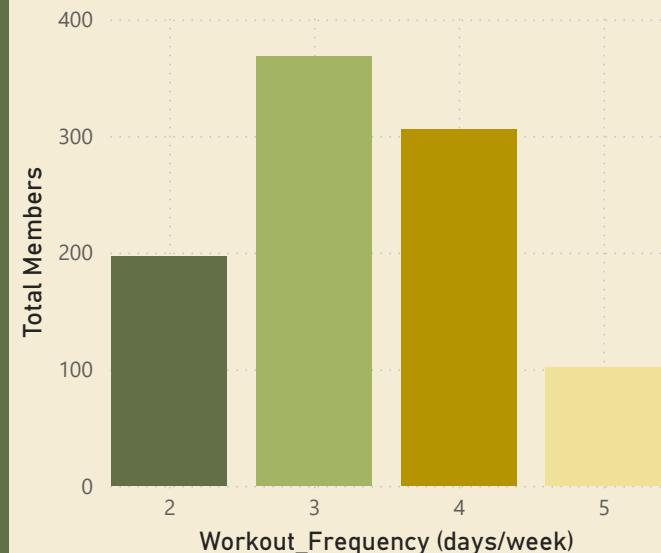
Average Resting
62.22

Average Duration
1.26

Total Workouts
3232

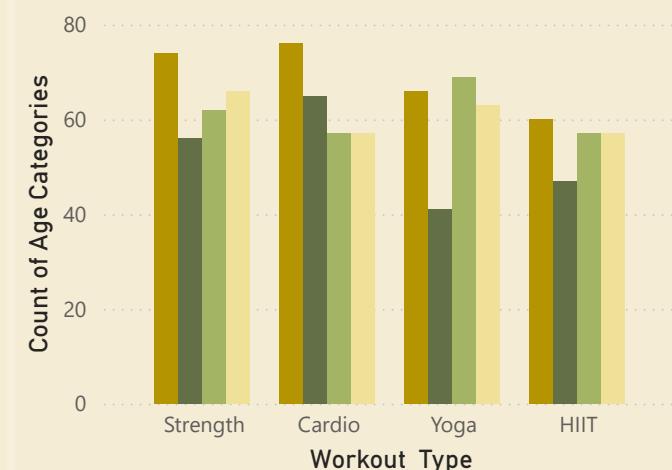
Workout Analysis

Total Members by Workout_Frequency



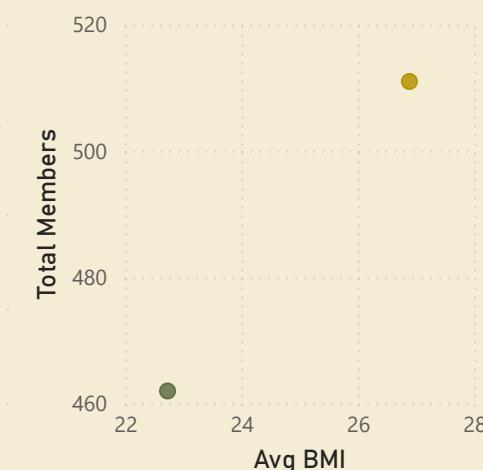
Count of Age by Workout Type and Age Categories

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



Avg BMI and Total Members by Gender

Gender ● Female ● Male



Workout



Calories



Heart Rate



Hydration



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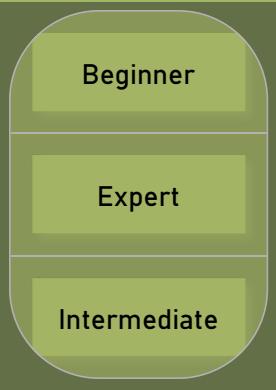


Total Members

973

Female Male

Experience Level



Average BMI
24.91

Average Resting
62.22

Average Duration
1.26

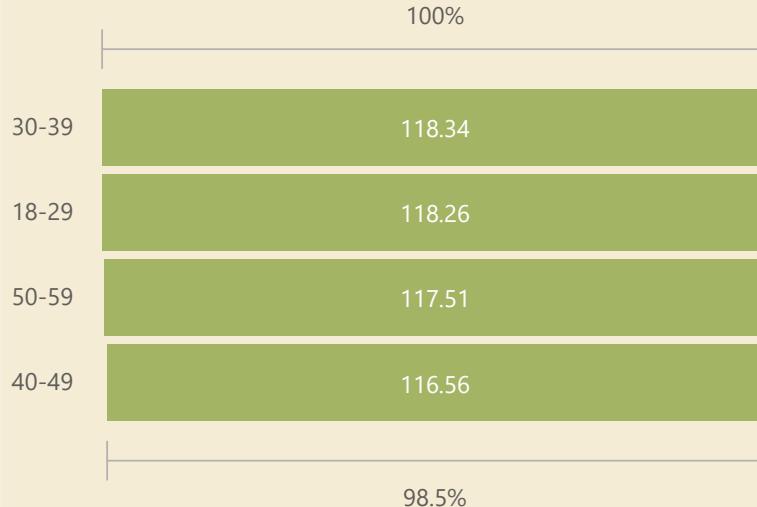


Heart Rate Analysis

Average Heart Rate Difference

117.66

Avg HR Diff by Age Categories



Total workouts by Avg_BPM





GYM FITNESS INSIGHTS DASHBOARD

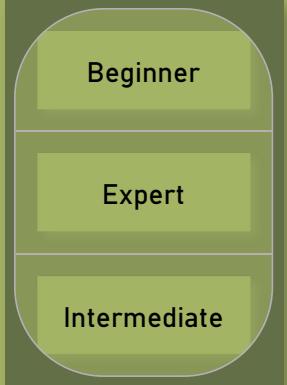


Total Members

973

Female Male

Experience Level



Average BMI

24.91

Average Resting

62.22

Average Duration

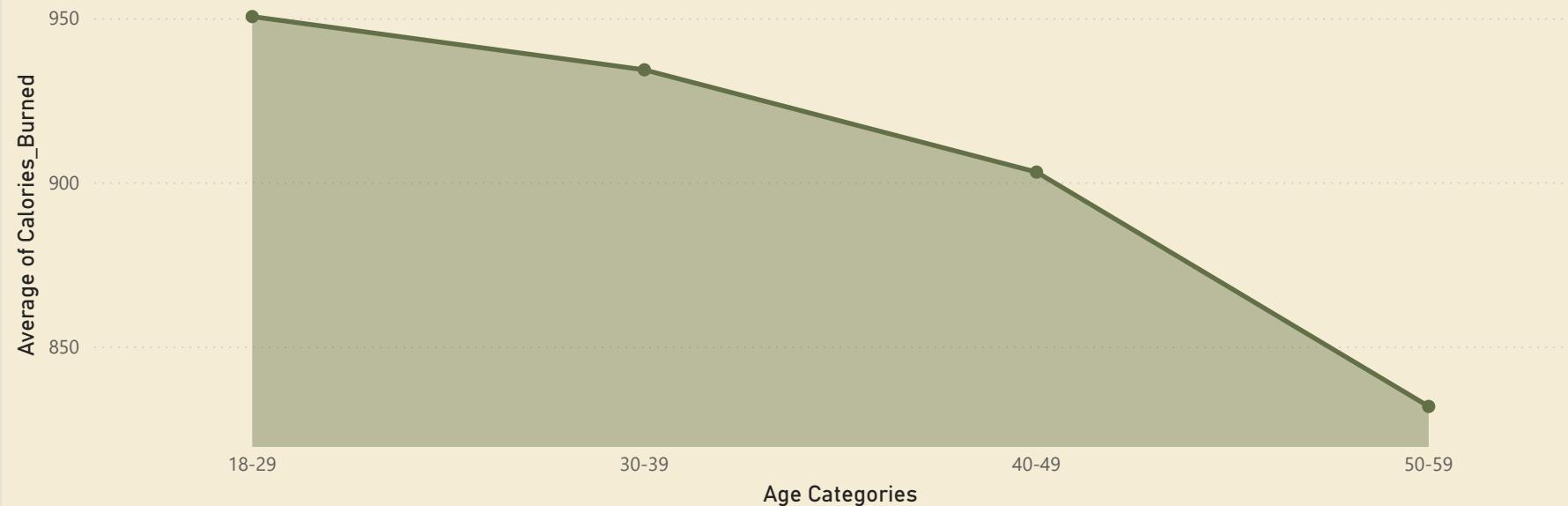
1.26

Average Calorie

905.42

Average of Calories_Burned by Age Categories

Calorie Analysis





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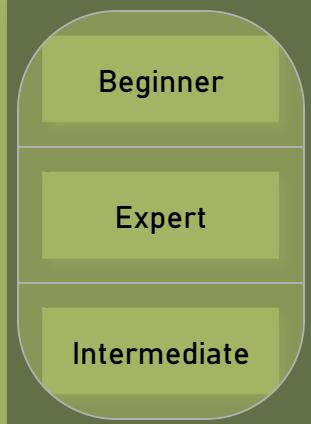


Total Members

973

Female Male

Experience Level



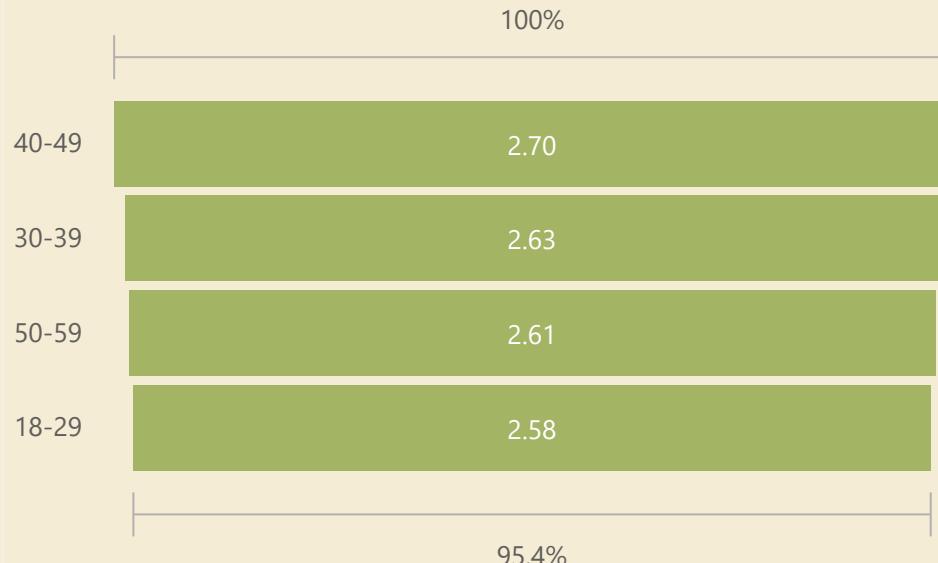
Average Water

2.63

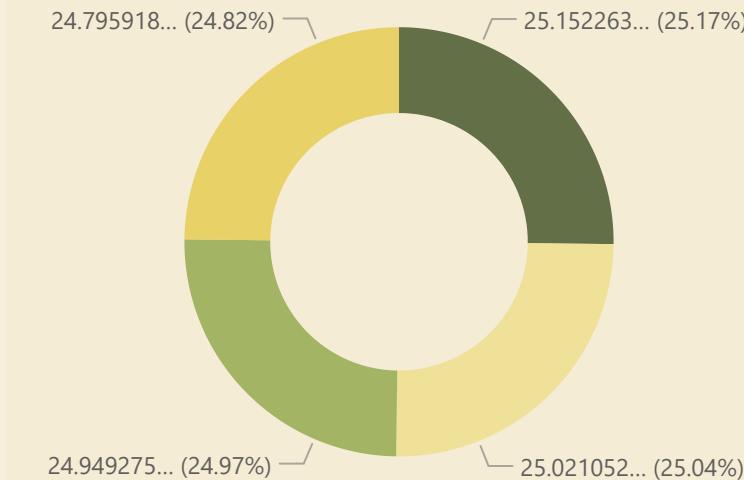
Average Fat

24.98

Water Intake Vs Age



Fat Vs Age



Calories

Hydration



Workout



Heart Rate



GYM FITNESS INSIGHTS DASHBOARD

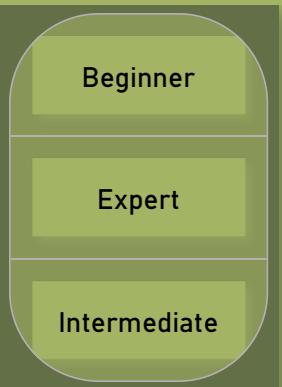


Total Members

973

Female Male

Experience Level



Average BMI
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Average Resting
62.22

Average Duration
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Workout
Calories



Heart Rate
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.