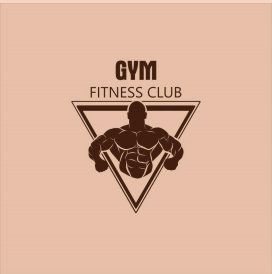


Gym Membership Data

Group 1 Members

- 1. 2702255962 - Archi Setio
- 2. 2702255703 - Albertus Christian
- 3. 2702329664 - Dominikus Sebastian Ramli
- 4. 2702262860 - Vincentius Andrew Lorenzo
- 5. 2702255956 - Vincent Tanaka
- 6. 2702250381 - Vincent Virgo
- 7. 2702255786 - Wilbert Bernardi



Gym Member Dataset

<https://www.kaggle.com/datasets/valakhor-asani/gym-members-exercise-dataset>

Introduction

In recent years, personal health tracking has become increasingly popular due to the rise of wearable fitness devices and health-conscious lifestyles. The dataset used in this project contains detailed information about gym members, including variables such as age, BMI, body fat percentage, water intake, heart rate (Max_BPM, Avg_BPM, Resting_BPM), workout frequency, and calories burned. This rich set of data provides an opportunity to explore how various physiological and behavioral factors interact to influence exercise performance and health outcomes.

The motivation behind choosing this dataset lies in the desire to better understand how individual characteristics and habits—such as age, hydration, body composition, and exercise frequency—affect key performance indicators like heart rate and calorie expenditure. By using data visualization and analysis tools like Power BI, this project aims to uncover meaningful patterns and correlations that can inform healthier fitness routines, potentially helping both fitness enthusiasts and professionals make data-driven decisions for improved outcomes.

Age	BMI	Calories_Burned	Experience_Level	Fat_Percentage	Gender	Height (m)	Max_BPM	Resting_BPM	Session_Duration (hours)	Water_Intake (liters)	Workout_Frequency (days/week)	Weight (kg)
59	13.23	885.00	1	24.40	Male	1.95	188	55	1.07	3.40	3	50.30
59	15.46	725.00	1	33.00	Female	1.65	172	59	1.22	2.20	2	42.10
59	17.60	989.00	2	21.60	Male	1.75	168	69	1.48	2.80	4	53.90
59	19.50	929.00	3	18.80	Female	1.76	194	53	1.72	2.70	5	60.40
59	20.28	714.00	2	33.80	Female	1.73	185	55	1.03	2.50	3	60.70
59	21.16	453.00	1	28.10	Male	1.92	180	53	0.72	2.70	3	78.00
59	22.15	441.00	1	29.20	Female	1.57	164	64	0.58	2.30	3	54.60
59	24.19	841.00	1	33.10	Female	1.77	167	53	1.46	1.80	3	75.80
59	25.05	637.00	2	34.90	Female	1.68	192	66	1.17	1.90	3	70.70
59	28.05	688.00	2	29.80	Male	1.76	194	60	1.13	3.10	3	86.90
59	28.35	1,021.00	2	31.20	Female	1.52	161	61	1.40	2.10	3	65.50
59	28.44	1,123.00	2	26.90	Male	1.76	187	74	1.35	3.00	3	88.10
59	30.22	813.00	1	24.50	Male	1.72	188	67	1.08	3.20	3	89.40
59	30.66	1,418.00	3	15.00	Male	1.67	190	71	1.99	3.50	5	85.50
59	33.07	1,123.00	1	28.10	Male	1.71	183	62	0.57	2.90	2	96.70



973

Total Members

38.68

Average Age

24.91

Average BMI

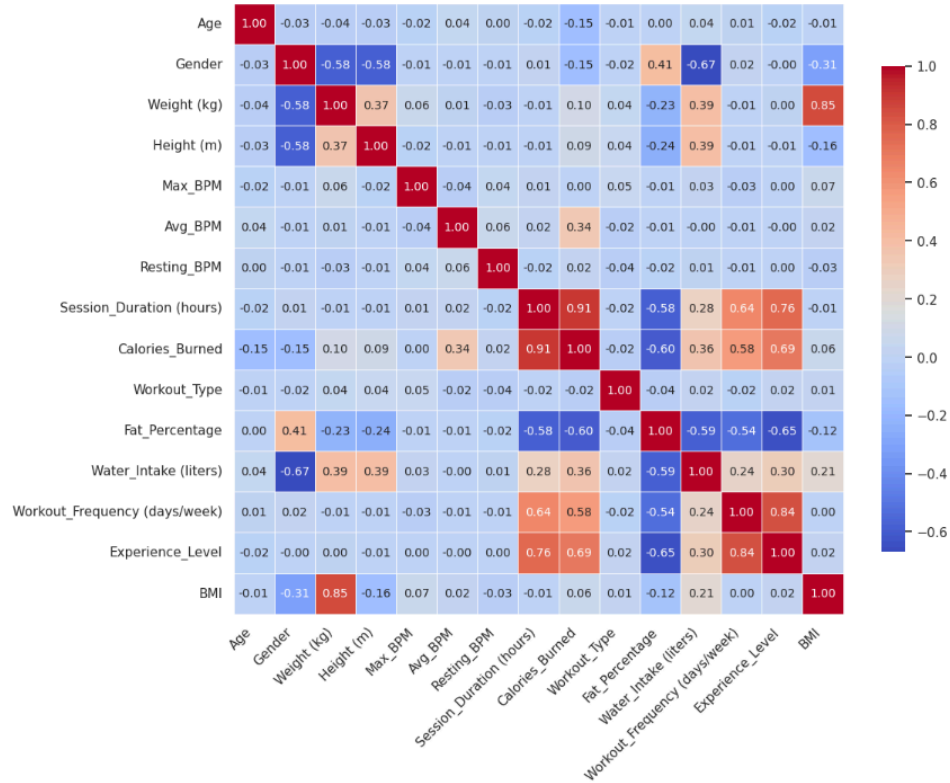
1.72

Average of Height (m)

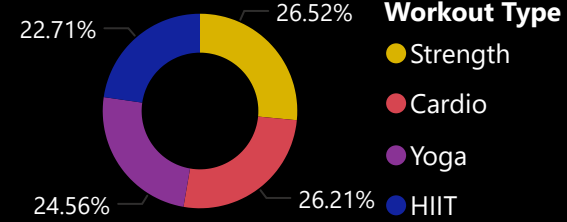
73.85

Average of Weight (kg)

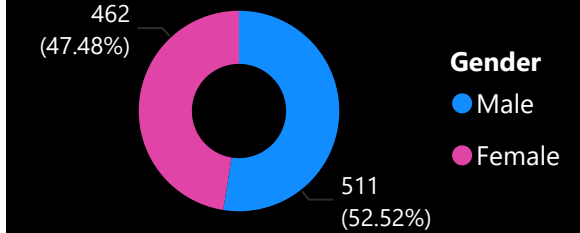
Correlation Matrix



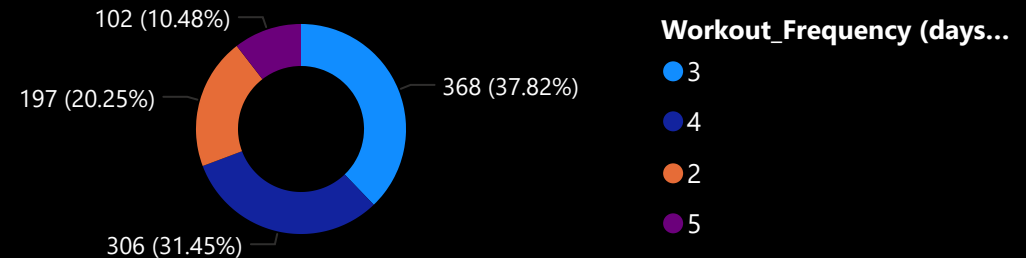
Workout Type



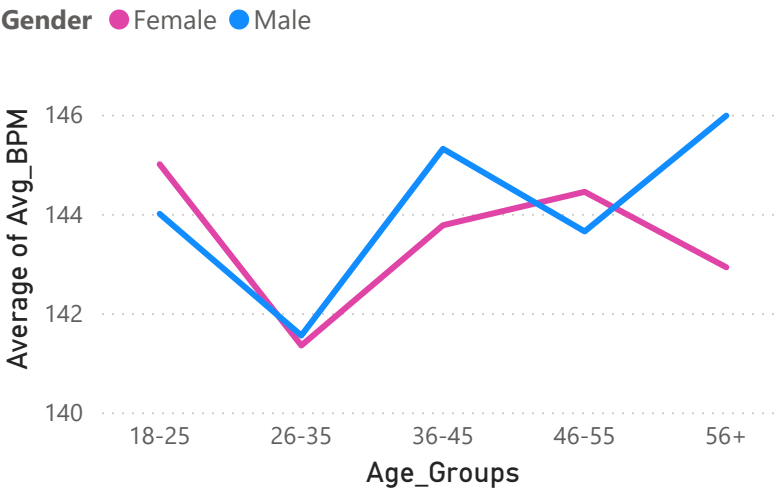
Gender Count by Gender



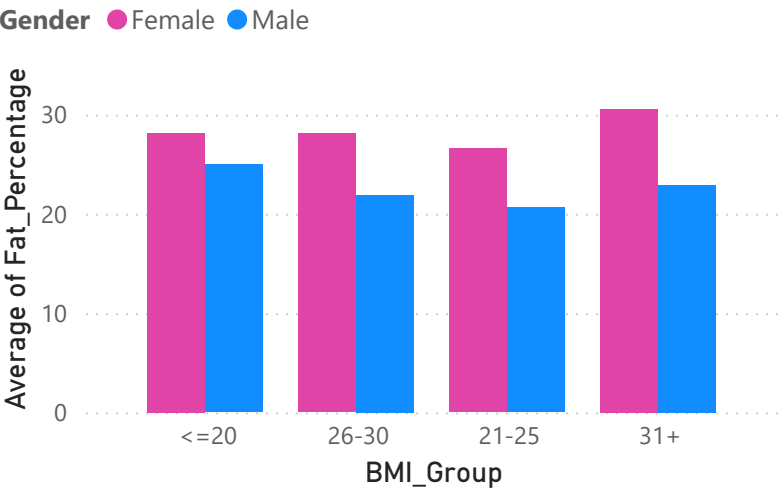
Workout Frequency



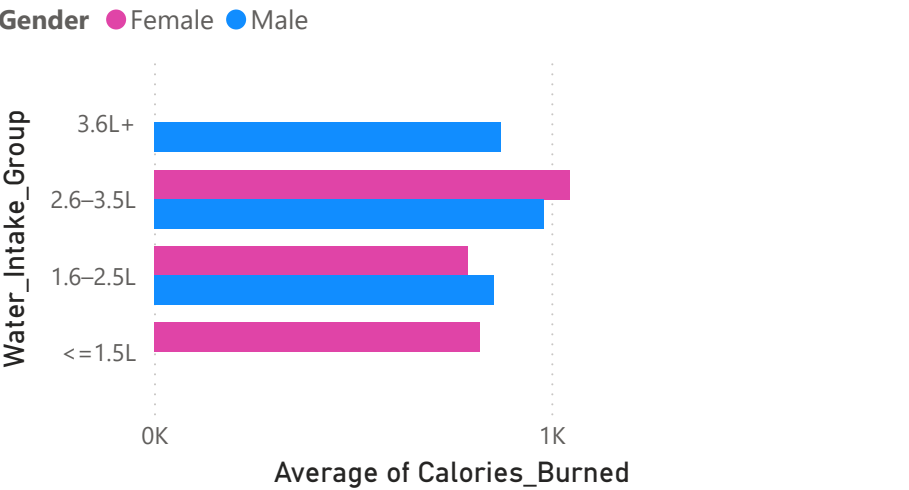
The average BPM per age group



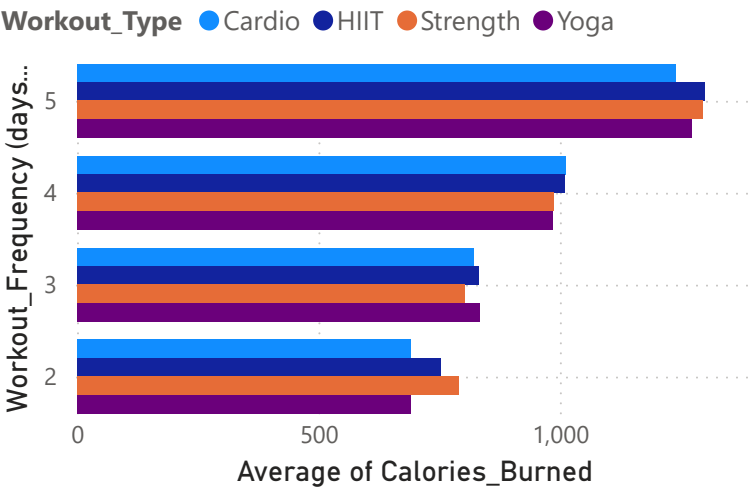
Does Fat % affect BMI?



Does Water Intake impact Calories Burned?



Does workout frequency impact Calories burned?



Does weight group impact calories burned?

