

Average of Calories_Burned	Column Labels		
Row Labels	Female	Male	Grand Total
Cardio	1023.63	1066.64	1046.56
HIIT	998.26	1009.24	1002.72
Strength	998.23	1025.08	1011.60
Yoga	1030.79	1086.07	1056.20
Grand Total	1013.01	1049.73	1030.50

Row Labels	Average of BMI
18-28	19.6
29-39	20.0
40-50	20.0
51-61	20.5
Grand Total	19.9

Session Durat.	Average of Experience_Level
0.5-1	1.86
1-1.5	1.83
1.5-2	1.81
Grand Total	1.83

Max of Calories_Consumed	Column Labels					Row Labels	Count of Workout_Type
Row Labels	18-28	29-39	40-50	51-61	Grand Total	Cardio	
Cardio	2842	2646	2638	2403	2842	HIIT	439
HIIT	2694	2484	2499	2257	2694	Strength	389
Strength	2935	2749	2749	2544	2935	Yoga	476
Yoga	2611	2498	2445	2279	2611	Grand Total	1800
Grand Total	2935	2749	2749	2544	2935		

Row Labels	Average of Calories_Burned
18-28	1037.22
29-39	1037.82
40-50	1011.75
51-61	1029.58
Average of Calories_Consumed	
18-28	2322.09
29-39	2148.78
40-50	2169.68
51-61	1945.06
Total Average o	1030.50
Total Average o	2194.25



## FITNESS PROGRESS TRACKER

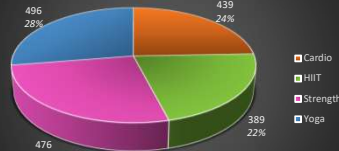
MAX BMI  
**199**

AVG BMI  
**146**

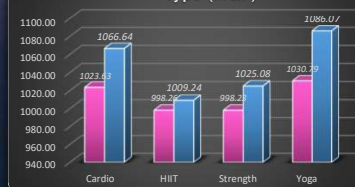
RESTING BMI  
**64**

AVG WATER INTAKE  
**2.70**

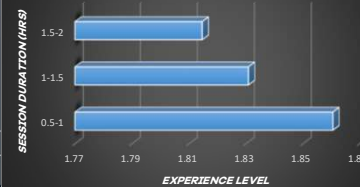
Workout Types



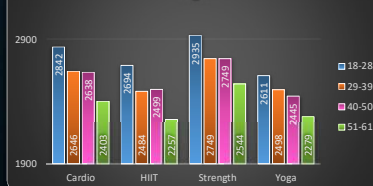
Avg. Calories Burned by Workout Type (M&F)



Session Duration by Experience



Max Cal. Consumed in Workout by Age



Avg. Calories Burnt vs Consumed by Age



Avg. of BMI by AGE (Healthy 18.5 to 24.9)

