

Submitted by [steven@thewebsi...](#) on Sun, 12/04/2022 - 23:52

1. Age:	35
2. Gender:	Male
3. Weight (lb):	180
4a. Height - Feet:	5
4b. Height - Inches:	10
5. BMI:	25.88
6. Are you or have you ever been treated by a physician for documented heart disease?:	No
7. Is Your Blood Pressure Under Control?:	Yes
8. Have you had a recent body fat measurement completed?:	No
Desired Bodyweight (lb):	180
9. Do you have any dietary restrictions?:	No
10. Select a Dietary Program::	Muscle Gain (bodybuilding offseason) 30% protein, 50% carbohydrate, 20 % fat
Enter Protein Percentage:	30
Enter Carbohydrate Percentage:	50
Enter Fat Percentage:	20
11. Are you interested in resistance training (weights, machines, bands, etc.):	No
12. Select a Resistance Training Program:	Weight Loss
Age Predicted Max Heart Rate:	185
Target Heart Rate:	111 - 148
Daily Caloric Intake:	2160
Client UID:	1