

Submitted by [gym2@561apps.com](mailto:gym2@561apps.com) on Fri, 02/17/2023 - 19:25

1. Age: 36

2. Gender: Male

3. Weight (lb): 242

4a. Height - Feet: 5

4b. Height - Inches: 10

5. BMI: 34.80

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): 205

9. Do you have any dietary restrictions?: No

10. Select a Dietary Program:: General weight loss 33% protein, 33% carbohydrate, 33% fat

Enter Protein Percentage: 33.3

Enter Carbohydrate Percentage: 33.3

Enter Fat Percentage: 33.3

11. Are you interested in resistance training (weights, machines, bands, etc.)?: Yes

Do you have any conditions that would prevent your ability to exercise a particular part of the body?: No

12. Select a Resistance Training Program: Weight Loss

Age Predicted Max Heart Rate: 184

Target Heart Rate: 110 - 147

Daily Caloric Intake: 2460

Client UID: 304