



Submitted by [steven@thewebsi...](#) on Tue, 01/10/2023 - 14:06

1. Age: 36

2. Gender: Male

3. Weight (lb): 185

4a. Height - Feet: 5

4b. Height - Inches: 11

5. BMI: 25.86

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): 170

9. Do you have any dietary restrictions?: No

10. Select a Dietary Program:: Active weight loss 40% protein, 30 % carbohydrate, 30 % fat

Enter Protein Percentage: 40

Enter Carbohydrate Percentage: 30

Enter Fat Percentage: 30

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: 2040

Client UID: 1