

Submitted by [testuser](#) on Fri, 05/12/2023 - 10:23

1. Age: 36

2. Gender: Male

3. Weight (lb): 185

4a. Height - Feet: 5

4b. Height - Inches: 10

5. BMI: 26.60

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): 175

9. Do you have any dietary restrictions?: Yes

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?: Yes

12. Select a Resistance Training Program: Weight Loss

Body Parts Affected: [Biceps](#)

Age Predicted Max Heart Rate: 184

Target Heart Rate: 110 - 147

Daily Caloric Intake: 2100

Client UID: 309