

Submitted by gym2@561apps.com on Mon, 04/22/2024 - 20:31

1. Age: 60

2. Gender: Male

3. Weight (lb): 230

4a. Height - Feet: 6

4b. Height - Inches: 0

5. BMI: 31.26

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): 190

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: 160

Target Heart Rate: 96 - 128

Daily Caloric Intake: 2280

Client UID: 304