

Submitted by [steven@thewebsi...](#) on Tue, 12/27/2022 - 21:57

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): 170

9. Do you have any dietary restrictions?: No

10. Select a Dietary Program:: Maintenance 25% protein, 37.5% carbohydrate, 37.5% fat

Enter Protein Percentage: 25

Enter Carbohydrate Percentage: 37.5

Enter Fat Percentage: 37.5

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: 2040

Client UID: 1