

Submitted by steven@thewebsi... on Tue, 04/23/2024 - 09:58

1. Age:	33
2. Gender:	Male
3. Weight (lb):	145
4a. Height - Feet:	5
4b. Height - Inches:	6
5. BMI:	23.45
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):	160
9. Do you have any dietary restrictions?:	No
10. Select a Dietary Program::	Muscle Gain (bodybuilding offseason) 30% protein, 50% carbohydrate, 20 % fat
Enter Protein Percentage:	30
Enter Carbohydrate Percentage:	50
Enter Fat Percentage:	20
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:	Muscle Gain (Bodybuilding Offseason)
Age Predicted Max Heart Rate:	187
Target Heart Rate:	112 - 150
Daily Caloric Intake:	1920
Client UID:	1