

**CLIENT NAME:**

**AGE:**

**HEIGHT:**

' "

|                   |  |  |  |  |  |  |
|-------------------|--|--|--|--|--|--|
| <b>DATE</b>       |  |  |  |  |  |  |
| <b>WEIGHT</b>     |  |  |  |  |  |  |
| <b>BP</b>         |  |  |  |  |  |  |
| <b>HR</b>         |  |  |  |  |  |  |
| <b>BODY FAT %</b> |  |  |  |  |  |  |

## GIRTH MEASUREMENTS

|                |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|
| <b>DATE</b>    |  |  |  |  |  |  |
| <b>WAIST</b>   |  |  |  |  |  |  |
| <b>ABDOMEN</b> |  |  |  |  |  |  |
| <b>HIPS</b>    |  |  |  |  |  |  |
| <b>THIGH</b>   |  |  |  |  |  |  |
| <b>ARM</b>     |  |  |  |  |  |  |

## BASAL METABOLIC RATE CALCULATION

**MEN**  $66 + (6.23 \times \frac{\text{wt. lbs.}}{\text{wt. lbs.}}) + (12.7 \times \frac{\text{ht. inches}}{\text{ht. inches}}) - (4.7 \times \frac{\text{age}}{\text{age}}) = \text{_____ (BMR)}$

**WOMEN**  $66 + (6.23 \times \frac{\text{wt. lbs.}}{\text{wt. lbs.}}) + (12.7 \times \frac{\text{ht. inches}}{\text{ht. inches}}) - (4.7 \times \frac{\text{age}}{\text{age}}) = \text{_____ (BMR)}$

## CALCULATING TOTAL CALORIC NEEDS

BMR x

|                          |  |         |
|--------------------------|--|---------|
| <b>SEDENTARY</b>         | (little to no exercise)                                | 1.2 =   |
| <b>LIGHTLY ACTIVE</b>    | (1-3 days/week exercise)                               | 1.375 = |
| <b>MODERATELY ACTIVE</b> | (3-5 days/week exercise)                               | 1.55 =  |
| <b>VERY ACTIVE</b>       | (6-7 days/week exercise)                               | 1.55 =  |
| <b>EXTREMELY ACTIVE</b>  | (Hard daily exercise / physical job / 2x day training) | 1.9 =   |

## SHORT-TERM GOALS:

## LONG-TERM GOALS: