



CHECK-IN MEAL PLAN and DAILY CALORIE BURN OBJECTIVE

Client: **Guest**

Current Weight: **200**

Age: **30**

Calculated RMR*: _____ RMR Test: **2000**

Sex: **M**

Height: **6'** (ft) (in)

What Meal Plan have we assigned to you at Check-in?

| | Current weight | | Initial Meal Plan | Est. RMR |
|---|----------------|--------|-------------------|----------|
| | From | To | | |
| | 100 | 199 | 21/21 | 1500 |
| X | 200 | 249 | 25/25 | 1700 |
| | 250 | and up | 30/30 | 2000 |

X: (if height, or age is missing)

| | Meal Plan | Macro-Nutrients | | | Daily Calorie Intake |
|---|-----------|-----------------|-------|-----|----------------------|
| | | Protein | Carbs | Fat | |
| | 21/21 | 21 | 21 | 9 | 1161 |
| X | 25/25 | 25 | 25 | 11 | 1311 |
| | 30/30 | 30 | 30 | 13 | 1485 |
| | 35/35 | 35 | 35 | 18 | 1740 |
| | 42/42 | 42 | 42 | 21 | 1989 |
| | Other: | | | | |

What's your weight loss objective? And, how many calories do you need to burn to achieve it?

| Weekly pound loss objective | Daily Calorie Burn Objective | |
|-----------------------------|------------------------------|----------------|
| | 24-hr watch * | 12-hr watch ** |
| 2.5 | 2600 | 1600 |
| 5 | 3900 | 2900 |
| 7.5 | 5100 | 4100 |
| 10 | 6400 | 5400 |
| 12.5 | 7600 | 6600 |
| 15 | 8900 | 7900 |
| 20 | 11400 | 10400 |

Based on your **LiF Testing Results** [□] and your weight loss progress, we will adjust and customize your **Meal Plan** and your **Daily Calorie Burn Objective**.



*: (e.g. your heart monitor watch automatically starts recording at midnight every day)

** : (e.g. you will wear your heart monitor watch for 12 hrs - 8 am to 8 pm)

□ : LiF testing is comprised of the **Body Composition Dunk**, **VO2Max** and **RMR** tests.