

Name:

Weight:

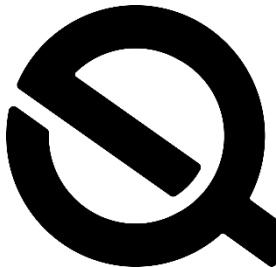
BMR:

Body Fat %

Target Calorie intake (TDEE)

Aims/Objectives: **Tick any that are relevant**

- FAT BURN?
- FAT LOSS?
- INCREASE MUSCLE MASS?
- IMPROVE CARDIO FITNESS?
- STRENGTHEN CORE?
- IMPRPOVE FLEXIBILITY?



DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL CALORIES:							
MEAL TIME							
Calories:							
MEAL TIME							
Calories:							
MEAL TIME							
Calories:							
MEAL TIME							
Calories:							