

# YOUR HEALTH BLUEPRINT

|   |                      |                      |                      |
|---|----------------------|----------------------|----------------------|
| 1. Fitness test score                   | <input type="text"/> |                      |                      |
| 2. Exercise plan                        | <input type="text"/> |                      |                      |
| 3. NEAT target                          | <input type="text"/> |                      |                      |
| 4. Starting calories                    | <input type="text"/> |                      |                      |
| 5. Healthy eating ratios                | Healthy eating       | Unhealthy eating     |                      |
|   | <input type="text"/> | <input type="text"/> |                      |
| 6. Daily Flux ratios/Weekly flux ratios | Daily ratio          | Weekly ratio         |                      |
|   | <input type="text"/> | <input type="text"/> |                      |
| 7. Macronutrient ratios                 | Carbs                | Fat                  | Protein              |
|   | <input type="text"/> | <input type="text"/> | <input type="text"/> |

## 8. Measurements and weight

|                 |                      |
|-----------------|----------------------|
| Shoulders       | <input type="text"/> |
| Chest           | <input type="text"/> |
| Upper arm       | <input type="text"/> |
| Waist           | <input type="text"/> |
| Hips            | <input type="text"/> |
| Upper leg       | <input type="text"/> |
| Starting weight | <input type="text"/> |