

YOUR HEALTH BLUEPRINT LIGHT

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"/>

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"/>