



Client Weight Management

First: Sample
Middle:
Last: Client
Company:

Female
Identification Number:
Date of Birth: 1/1/1999
Height: 5 ft. 6 in. Weight: 152.00 lb.

Weight Projection Plan

	Weight		Date
Initial	175.00	lb.	6/9/2021
Target	150.00	lb.	3/20/2022
Loss of 0.62 pound(s) per week			

Caloric Intake

Daily Kcals: 1491.38
Intake Source: Axxya Systems 1500 Kcal Gluten-F...

Caloric Expenditure

Daily Kcals: 1800.00
Exercise Set: Exercise Set 1

Measured Weights

Date	Weight	Unit
6/9/2021	175.00	pound(s)
9/4/2021	165.00	pound(s)
11/4/2021	158.00	pound(s)
1/4/2022	152.00	pound(s)

