

**Personal details**

**Name:- \*name\***

**Age:- \*age\***

**Gender:- \*gen\***

**Body Composition Analysis**



**Weight :- \*weight\***

**Height :- \*height\***

**Bodyfat % :- \*bf\***

**BMR:- \*bmr\***

**BMI:- \*bmi\***

**Our guideline**

**HEY! \*name1\* Your present weight is \*starting\_weight\* kgs and final weight after 21 days according to our plan would be \*final\_weight\* kgs. So \*name1\*, your bodyfat Percentage is \*bf\*. For results like this you have to walk at least \*daily\_steps\* steps daily and do \*exercise\* for \*plans\* daily. This will lead you to burn \*daily\_steps\_ calories\* caloriesfrom \*daily\_steps\* steps and by \*exercise\* for \*plans\* you will burn \*exercise\_calories\* calories.**

**YOUR DAILY CALORIE EXPENDITURE WOULD BE : \*daily\_calorie\_deficit\* If you wanna lose \*total\_weight\_loss\* kgs Read our Weight loss ebook which is completely free for now**

* **In this ebook you will learn what Kind of workouts should do in \*exercise\***
* **Plus you will also get insights what should be your diet according to your calories i.e. \*wl\***