Please replace the existing Personal Profile section with a new comprehensive form that captures all necessary data for TEE and personalized nutrition calculations.

**New Personal Profile Form Structure:**

**Section 1: Basic Information**

* **Full Name:** Auto-populate from the first and last name given in sign-up, and give the option to have a text input if needed
* **Gender:** Radio buttons: Male/Female
* **Age**: Numeric input, years
* **Weight**: Numeric input, Kilograms (kg)
* **Height** Numeric input, Centimetres (cm)

**Section 2: Body Measurements**

* **Waist Circumference**: Numeric input, Centimetres (cm) - At the belly button
* **Neck Circumference**: Numeric input, Centimetres (cm)

**Hip Circumference**: Numeric input, Centimetres (cm) - At their widest point (females only)

**Section 3: Total Energy Expenditure**:

* **Step# 1: You calculate the Basal Metabolic Rate (BMR)**
* **For men:** 𝐵𝑀𝑅=66.5+(13.75×𝑤𝑒𝑖𝑔ℎ𝑡 𝑘𝑔) + (5.003×ℎ𝑒𝑖𝑔ℎ𝑡 𝑐𝑚) − (6.755×𝑎𝑔𝑒𝑦𝑒𝑎𝑟𝑠)
* **For women:** 𝐵𝑀𝑅=655.1+(9.563×𝑤𝑒𝑖𝑔ℎ𝑡 𝑘𝑔) + (1.850×ℎ𝑒𝑖𝑔ℎ𝑡 𝑐𝑚) − (4.676×𝑎𝑔𝑒𝑦𝑒𝑎𝑟𝑠)
* **Step #2: Activity Level Assessment.** Create a visual card-based selection with the following options. You must describe each activity level so the member understands how to select the correct one that suits their daily activity

| **Activity Level** | **Description** | **TDEE Multiplier** |
| --- | --- | --- |
| **Sedentary** | Spend most of the day sitting (e.g. bank teller, desk job) | TEE = 1.2 × BMR |
| **Lightly Active** | Spend a good part of the day on your feet (e.g. teacher, salesperson) | TEE = 1.375 × BMR |
| **Moderately Active** | Spend a good part of the day doing some physical activity (e.g. food server, postal carrier) | TEE = 1.55 × BMR |
| **Very Active** | Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter) | TEE = 1.725 × BMR |

**Note:** Do not show the TEE Multiplier, as that is a back office formula

**Section 4: Metabolic Profile Selection.** Create interactive cards with body type illustrations. You must describe each oxidizer level so the member understands how to select the correct one that suits their body type and also include a Custom Ratio Option**:**

**Fast Oxidizer (25% Protein, 35% Carbs, 40% Fat)**

* Slender build with narrow shoulders and hips
* Lean with little muscle or fat
* Challenging to gain weight or muscle
* Blood type tendency: A

**Slow Oxidizer (35% Protein, 25% Carbs, 40% Fat)**

* Muscular and athletic with well-defined physique
* Broad shoulders, narrow waist
* Gains muscle and loses fat easily
* Blood type tendency: O

**Medium Oxidizer (30% Protein, 30% Carbs, 40% Fat)**

* Rounder body shape with higher body fat proportion
* Easier to gain weight, struggles with weight loss
* Blood type tendency: B

**Custom Ratio Option:**

* **Protein:** \_\_\_ % (slider/input)
* **Carbohydrate:** \_\_\_ % (slider/input)
* **Fat:** \_\_\_ % (slider/input)
* *Auto-validation to ensure total = 100%*