

# AI Fitness & Diet Report

User: Mohan pal | Target: 1440 kcal

## Workout Routine

### Day 1 - Upper

Exercise	Sets	Reps
Pushups	3-4 sets	10-15 reps
Pike Pushups	3-4 sets	10-15 reps
Tricep Dips	3-4 sets	10-15 reps
Plank Shoulder Taps	3-4 sets	10-15 reps

### Day 2 - Lower

Exercise	Sets	Reps
Squats	3-4 sets	10-15 reps
Lunges	3-4 sets	10-15 reps
Glute Bridge	3-4 sets	10-15 reps
Calf Raises	3-4 sets	10-15 reps

### Day 3 - Upper

Exercise	Sets	Reps
Pushups	3-4 sets	10-15 reps
Pike Pushups	3-4 sets	10-15 reps
Tricep Dips	3-4 sets	10-15 reps
Plank Shoulder Taps	3-4 sets	10-15 reps

### Day 4 - Lower

Exercise	Sets	Reps
Squats	3-4 sets	10-15 reps
Lunges	3-4 sets	10-15 reps
Glute Bridge	3-4 sets	10-15 reps
Calf Raises	3-4 sets	10-15 reps

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## Daily Nutrition Targets:

Nutrient	Amount
Protein (g)	133g
Carbs (g)	318g
Fats (g)	67g

Meal	Recommended Food
Breakfast	Egg Omelette + Bread
Lunch	Rice + Chicken Curry + Veg
Snacks	Boiled Eggs, Protein Shake
Dinner	Grilled Chicken + Rice

## Coach Advice

### ### Diet Advice

- **Calculate Your Daily Caloric Needs**: As you're maintaining your weight and have a high activity level, your estimated daily caloric needs may be around 2800-3000 calories.
- **Eat Nutrient-Dense Foods**: Focus on whole foods such as fruits, vegetables, lean proteins, whole grains, and healthy fats to provide your body with essential nutrients.
- **Hydrate Adequately**: Drink plenty of water throughout the day to stay hydrated and support your overall health.

### ### Workout Suggestion

- **Incorporate Resistance Training**: Engage in activities such as weightlifting or bodyweight exercises to build muscle mass and increase your resting metabolic rate.
- **Cardio Exercises**: Include high-intensity interval training (HIIT) or steady-state cardio for at least 150 minutes per week to maintain your high activity level.
- **Flexibility and Mobility**: Incorporate stretching and mobility exercises to improve your flexibility and reduce the risk of injury.

### ### Motivation

- "Your body is capable of amazing things, Mohan. Believe in yourself and your abilities!"
- "Stay consistent with your diet and workout routine, and you'll be on your way to achieving your fitness goals in no time!"