



Weight(lbs):

Height(ft):

How active are you?

- ☐ Sedentary
- ☐ Lightly Active
- ☐ Active
- ☐ Very Active

Food diet?

- ☐ Regular Diet
- ☐ Vegan Diet
- ☐ Vegetarian Diet

Do you drink water
regularly?

- ☐ Yes
- ☐ No