

## Personal Information

- **Name:** John Doe
- **Age:** 30
- **Gender:** Male
- **Height:** 180 cm
- **Weight:** 88 kg

## Fitness Goals

- **Primary Goal:** Build Muscle , lose weight , weight management , endurance training , yoga,cardiovascularity
- **Specific Target:** Gain 5 kg of muscle, lose 2 kgs in a month
- **Timeframe:** 6 months or 3 months

## Current Fitness Level

- **Experience Level:** Intermediate(1-3yr) , beginner(0-1) , advanced(above 3 year)
- **Current Physical Activity:**
  - **Activity Level:** High , low , moderate
  - **Description:** Engage in physical activities most days of the week with high intensity.
- **Recent Workout History:** Weightlifting 4 times a week, occasional cardio

## Health and Medical Information

- **Medical Conditions:** None
- **Physical Limitations:** Avoid heavy lifting due to a past back injury

## Workout Preferences

- **Preferred Workout Type:** Weightlifting , cardio tyoes
- **Workout Duration:** 45 minutes or something else
- **Preferred Workout Time:** Morning or evening
- **Frequency of Workouts:** 4 times a week or 2 times
- **Equipment Available:** Dumbbells, Resistance Bands, Barbell
- **Favorite Exercises:** Bench Press, Squats
- **Disliked Exercises:** Burpees
- **Workout Environment:** Gym

## Lifestyle and Habits

- **Dietary Habits:** Balanced diet with high protein or one day a meal
- **Sleep Patterns:** 7-8 hours per night
- **Stress Levels:** Moderate , low ,high
- **Daily Routine:** Work from 9 AM to 5 PM, workout in the morning

## Progress Tracking

- **Baseline Measurements:**
  - **Initial Weight:** 88 kg
  - **Body Measurements:**
    - Chest: 40 inches
    - Waist: 34 inches
    - Hips: 38 inches
- **Progress Goals:** Gain 1 kg of muscle per month